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COLLEGE LIFE

*SD record store
round-up*

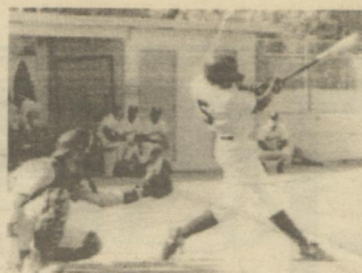
See pg. 19



SPORTS

*Baseball sweeps
Matadors*

See pg. 24



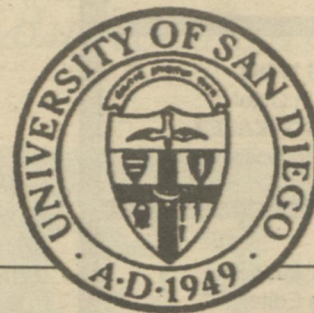
OUTLOOK

*Simple Minds
over matter*

See pg. A-B

VISTA

Serving the USD Community for 33 Years



Vol. XXXI, No. III
February 16, 1995

Brewing a better beer

Chris Woo
Editor-in-Chief
&
Marny Harsen
Asst. News Editor

Less filling! Tastes great! These may be just two reasons why brewing beer at home, also known as microbrewing, is quickly becoming America's favorite pastime and a dream come true for many college students.

Since the inception of the American Homebrewers Association in 1979, home-brewing kits have been marketed to a community which has grown so large, it has become a nationwide hobby. And because all you need to get started are an appreciation for good tasting beer, about \$50 and a little patience, the market has boomed and home-brewing supply stores have spread like wildfire.

see BREW on page 8

VISTA

5998 Alcalá Park
San Diego, CA 92110-2492

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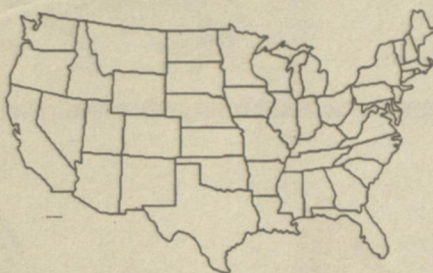
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The VISTA is located in the lower level of the Hahn University Center, in the Publication's Office (Rm. 114 B). Staff meetings are held every **Tuesday at Noon** in the office and all are welcome. Copy, press releases and letters to the Editor are due Noon, the Friday prior to the following publication. To reach an editor (use the 260 prefix if calling from off campus), call x8754 (Opinion), x4584 (Outlook) or x4409 (News). Or leave a message at x4584. Questions regarding advertising should be referred to Tina Crowle at x4714.

The VISTA is published Thursdays during the school year, breaks excepted. It is written and edited by USD students and funded by revenues they generate. Advertising material published is for informational purposes only, and is not to be construed as an expressed or implied endorsement or verification of such commercial ventures by the staff or the University.

NATIONAL NEWS



ROCHESTER, N.Y.—Students walking home late at night at a New York-state college now carry pocket-sized escorts for protection.

Nazareth College in Rochester is testing a wireless transmitter that lets students alert campus security of problems with a touch of a button.

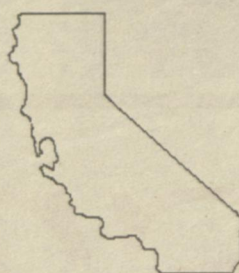
The transmitter, called Security Escort, was developed by Emergency Communications, also based in Rochester.

Security Escort is a wireless transmitter about the size of a car alarm control that students can carry in their backpacks, pockets, purses or hands. If the student finds herself in a potentially dangerous situation, she presses two buttons on the device which signal the campus security system.

Because of numerous receivers located throughout the campus, security personnel can locate and identify the student within seconds and dispatch help.

And to help scare off attackers before help arrives, a siren and flashing light will be set off at the nearest receiver. "The situation will automatically draw attention to itself because of the alarm," says Art Brent, president of Emergency Communications.

STATE NEWS



PALO ALTO, Calif.—Officials at Stanford University are paying students to leave their cars at home.

Stanford's Clean Air Credit offers a \$70 transportation credit to anyone who does not purchase a parking permit. Those students who walk, carpool, bike or ride public transportation to their classes can use the \$70 credit towards a variety of items, including one-day parking permits, bus and train tickets and items from local businesses.

"It's basically an incentive for people not to drive," said Pete Rapalus, a university spokesperson. "If we'll help foot some or all of the bill for bicycle repairs or train tickets, we should be able to comply with the state's new policies."

California's Clean Air Act requires employers at large businesses and institutions to reduce the number of cars on their location.

Originally, Stanford officials geared their program toward carpools, offering free permits to students who drove others to school. The practice had to be discontinued, however, because of false applications from people.

CAMPUS NEWS



A small percentage of USD law school students are upset because of an unannounced decision to paint crosses over the law school classrooms over winter break according to an unscientific survey conducted by the Student Bar Association.

The survey was a random sampling of 76 law school students of which 29 replied. Their findings showed that 12 percent of law students approved of the crosses, 12 percent disapproved of the crosses, 20 percent thought that the University had a right to display the crosses and the remainder either did not care or did not return the survey.

"The University tends to do things when [law] students are gone and that makes them a fait accompli when they come back," said SBA President John Doherty.

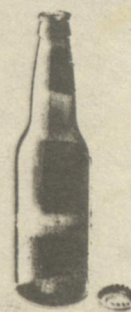
The Student Bar Association wrote a resolution-based proposition to the dean asking that the crosses be removed, but it was denied. They now plan to compile letters from angry law students to send to Dean Christine Strachan and then on to the USD president.

— C.W.

— briefs compiled from newswire reports

VISTA
staff
meetings
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that all
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INSIDE NEWS

Successful Thinking

Manchester to host conference that focuses on professional women who have succeeded in business
see page 5

....

AmeriCorps Threatened By Cuts

While some Congressional Republicans are considering eliminating the AmeriCorps program, President Clinton is working hard with colleges to defend the domestic volunteer program
see page 7

....

Sea World Of Education

Education instructors at Sea World have educated over 1 million young students about the importance of understanding and respecting the marine environment.

see page 6

OPINION

Mexican Economy Going Up In Smoke

The United States is not helping Mexico to be good Samaritans, they are looking out for the investments they have already established.

see page 10

COLLEGE LIFE

Peace Of Mind

A USD student takes you through the procedure of taking an AIDS test.

see page 20

Steering clear of waste

■ San Diego is in danger of illegally dumped auto waste

Beth Sheofsky
Asst. News Editor

What do Archie Andrews, famous comic book teenager from Riverdale, and the Stephen Birch Aquarium in La Jolla have in common?

The answer is: Both have been involved in educating San Diegans about the dangers of illegally dumped automobile and household waste.

On Jan. 19, the Stephen Birch aquarium was transformed into the venue for the kickoff of San Diego's Used Oil Collection Program. Divers unveiled the program's new logo, "Get in Gear - Recycle Auto Waste," in the 55,000-gallon kelp-forest tank, emphasizing the dangers of illegally dumped motor oil on San Diego's coastal environment.

"Less than one cup of motor oil could contaminate this entire tank," said Bob Burhams, aquarium curator. "Toxins and other bacteria washed down storm drains pose a significant hazard to birds, mammals, fish and other marine life."

When hazardous substances are dumped illegally, the marine envi-

"Almost two million gallons of motor oil are illegally dumped by San Diegans each year."

— Richard L. Hayes,
director, Environmental Services Department.

ronment is not the only one that is at risk. Since motor oil can be absorbed through the skin, possibly causing cancer after long exposure, it is a danger to the city's trash collectors who must handle the substance, as well as to children playing in the area where it has been dumped. One quart of used oil can contaminate 250,000 gallons of drinking water. This problem can affect each of us.

"Almost two million gallons of motor oil are illegally dumped by San Diegans each year," said Richard L. Hayes, director, Environmental Services Department. "Hopefully, by offering incentives and making it convenient, we can encourage more people to recycle their motor oil." The new program provides state-certified collection centers, such as Chief Auto Parts, Kragen, and PepBoys, located throughout San Diego, which pay \$.04 per quart for used oil.

After it is collected at these centers, the used oil is sent to a recycling facility in Los Angeles where it is refined to remove impurities. The majority of oil left over after this process is tested to make sure it meets proper standards. It is then sold for fleet use to agencies such as Caltrans and the Highway Patrol.

In addition to motor oil, residents of San Diego may bring oil filters, auto batteries and anti-freeze to any one of the eight one-day recycling events that the City will sponsor every few weeks. Participants will receive free coupon books with discounts valid at fast-food restaurants, automotive service companies, fitness centers and lo-

cal attractions, such as the aquarium.

Automotive wastes are not the only toxic materials that are often dumped illegally. Household hazardous wastes are equally dangerous and, "should never be discarded in the trash or poured down the drain," according to Dan Avera, deputy director for the County of San Diego Environmental Health Services. This type of waste is defined as the unused portion of any product labeled

"Hopefully, by offering incentives and making it convenient, we can encourage more people to recycle their motor oil."

— Richard L. Hayes, director,
Environmental Services Department.

with the words CAUTION, WARNING, DANGER, POISON, FLAMMABLE, and CORROSIVE.

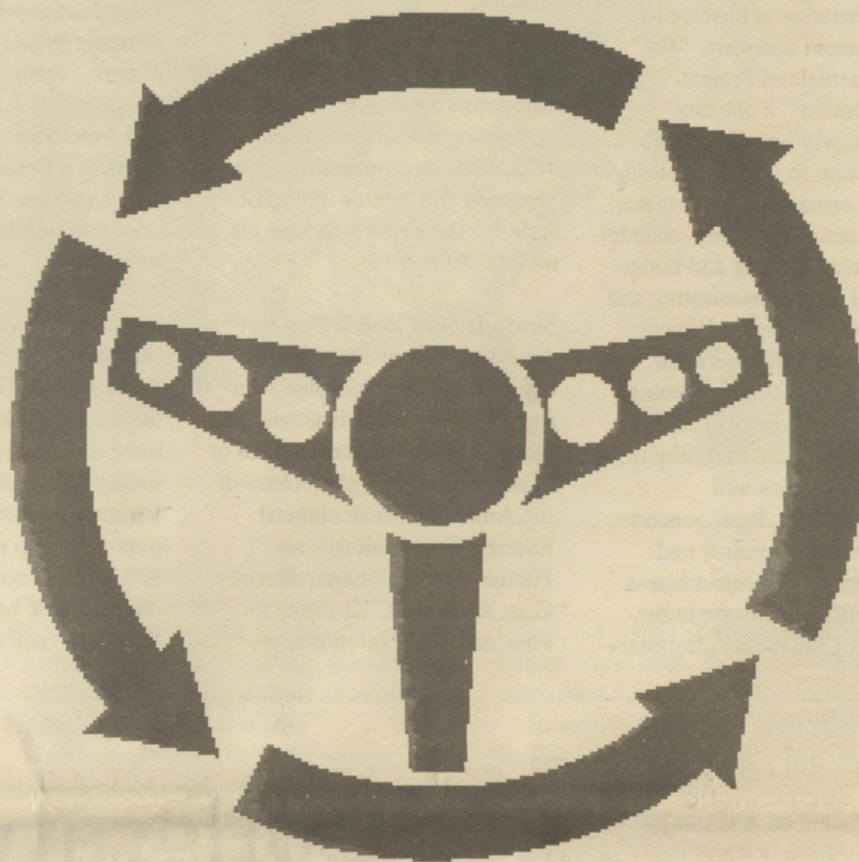
"Common household products can be hazardous to children," said Robert Ross, M.D., director of Health Services. In order to educate children and their parents about these substances, the San Diego Regional Household Hazardous Materials Program appointed the char-

acter of Archie Andrews to be the program's "spokesperson" last year. Since then, more than 170,000 special edition comic books, containing important messages about household hazardous waste, have been created and distributed at events such as Earth Fair and Padres games. The program plans to create a new 16-page coloring book early next year with information about avoiding and recycling toxic waste.

In addition to educating families about the dangers within their own homes, the program provides the means for disposal of these substances. It sponsors hazardous waste collection events at various locations throughout the county, accepting different types of waste such as latex paints, solvents, cleaners, pesticides, pool chemicals and non-empty aerosol spray cans. After these items are collected, they are incinerated.

The primary goal of both the Used Oil Collection Program and the Household Hazardous Materials Program is to educate San Diegans about the dangers of handling and illegally dumping everyday substances. Many other cities are also developing similar programs. According to Avera, "Improper disposal is illegal and destructive." All hazardous waste requires special handling and disposal. Future used oil collection events are scheduled for Feb. 18 at Montgomery High School and March 4 at Jack Murphy Stadium.

GET IN GEAR!



RECYCLE AUTO WASTE

Post IT!

Please submit your announcement to VISTA, located downstairs in the University Center.

World Origin Seminar Dr. John F. Haught, Professor and Chair of Theology at Georgetown University, will discuss "Science, Religion, and 'the Big Bang Theory'" as part of the 1995 Catholic Perspective Forum series in the Manchester Executive Conference Center. The lecture will take place on Thursday, Feb. 16 at 7 p.m.

Management Seminars USD's School of Business Administration is hosting two management seminars. "The Fundamentals of Project Management", a one day seminar, will be held on Feb. 17 from 9 a.m. to 4 p.m. Topics will include organizing for projects, project team leadership, scheduling, cost estimating and budgeting, and project monitoring and controls. "Managing Project Teams", a 12 hour seminar taught in four 3-hour evening meetings, will be held on Feb. 16 and 23 at 6:30 to 9:30 p.m. in Olin 225. Topics will include staffing, legal concerns, performance appraisal and management of project teams. Registration forms are at the School of Business Administra-

tion in Olin Hall.

Women Entrepreneurs The Committee of 200 and USD are cosponsoring a full-day conference on starting and growing a business for emerging women entrepreneurs titled "The Entrepreneurial Challenge to Women Who Dare to Think Big." The seminar will take place on Friday, Feb. 17 at 8 a.m. in the Manchester Executive Conference Center. For more information contact Jeanne Schnell at 260-2280.

Radiothon KSON in conjunction with St. Jude Children's Research Hospital will be holding the seventh annual "County Cares" radiothon. All proceeds will be donated to St. Jude's. The event will take place on Feb. 17 and 18.

South Indian Music Concert A rare concert of South Indian classical music performed by a trio of master musicians will take place in Salomon Lecture Hall in Maher as part of a conference of the American Musicological Society. The musicians are Padmavathy Anathagopalan on vina, Jayanthi R. Krishnan on vina, and T.C. Narendran on

midangam. The concert will take place on Saturday, Feb. 18 at 11:30 a.m.

Film Forum To commemorate Black History Month AS Film Forum will be presenting the movie "The Color Purple." The movie will be shown on Sunday, Feb. 19 and Wednesday Feb. 22 in UC Forum AB.

Black History Month On Feb. 20, actors Danny Glover and Felix Justice will perform "An Evening With Langston and Martin," featuring readings from the poetry of Langston Hughes and from Martin Luther King Jr.'s "I Have a Dream" speech at 7 p.m. in Shiley Theatre A \$2 donation will be collected at the door.

Rape Awareness and Prevention EYE Counseling & Crisis Services and its Youth Empowerment Project are confronting the issue of sexual assault by sponsoring a Teen Rape Awareness Seminar on Feb. 22 from 6:15 p.m. to 8:30 p.m. at Grant Middle School in Escondido. Seventh-degree black belt Janice Somera Reinhardt will lecture on impor-

tant rape awareness issues and demonstrate effective self-defense techniques. For more information contact Lupe De La Cruz at (619) 747-6281.

Financial Aid Workshops Three financial aid workshops will be provided for students throughout the months of February and March. "How to Apply for Outside Scholarships" will be held on Feb. 21 and 23 from 11:30 a.m. to 12:30 p.m. in Serra 204. "Money Management Workshop" will be held on Feb. 16 from 11:30 a.m. to 12:30 p.m. in Serra 204. "How to Apply for Financial Aid for 1995/96" will be held on March 2, 7, 23 and 28 from 11:30 a.m. to 12:30 p.m. in Serra 204.

Engineering Contest USD's Department Engineering and Physics is sponsoring their fourth annual "Walk on Water" competition. Contestants must design human-powered buoyancy shoes and use them to walk across the surface of the Olympic-sized swimming pool at the Sports Center. The contest will be held on Saturday, Feb. 25 from 10 a.m. to 4 p.m. The contest is being

held to help promote National Engineering Week.

Competency Examinations The Foundations Curriculum General Education Requirements allow students to demonstrate competency by examination in the following areas: Written Literacy (English 21), Upper-division Writing Proficiency ("W" Courses), Mathematics (Mathematics 11), Critical Reasoning (Philosophy 1) and Foreign Languages (3rd Semester Competency). Students must pre-register by paying the non-refundable fee at the Cashier's Office in Maher Hall and bring the receipt to the College of Arts and Sciences Dean's Office in Founders Hall room 114 by Tuesday, March 7. The fee is \$25 per exam except for testing in languages not taught on campus; students should contact the Foreign Language Coordinators in Founders Hall room 134A. Testing takes place on April 1 and 8. Call the office of Arts and Sciences at x4545 for more information.

see POST IT on page 8

Congratulations!

USD GREEKS RECEIVING ACADEMIC HONORS FOR FALL 1994

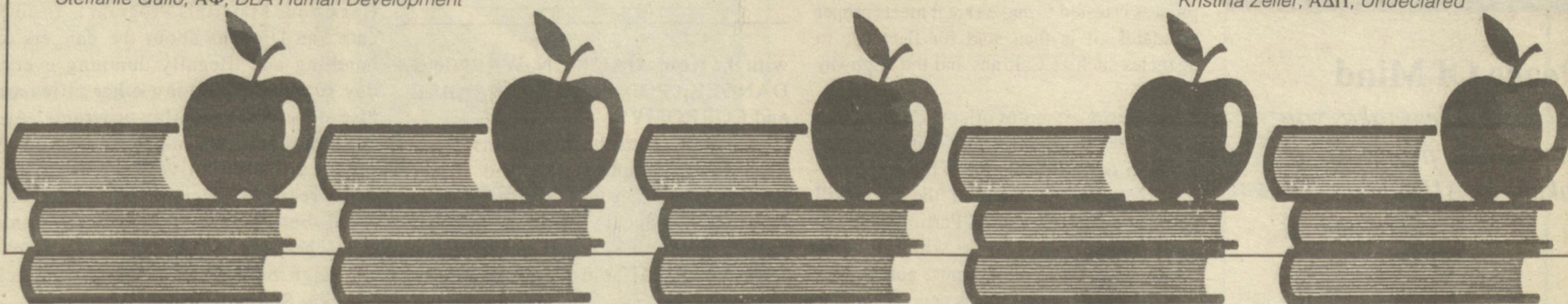
♣ Kyna Abel, AΔΠ, International Relations
Ashley Adolph, AΦ, Undeclared
♣ Aileen Alvarez, AΔΠ, Philosophy
Kjirstina Anderson, AΔΠ, DLA Interdis. Humanities (Arts)
♣ Teri Bautista, AΦ, Business Administration
Stephanie Beckord, ΓΦΒ, Mass Media Communication
Lisa Beresford, AΔΠ, Undeclared
Heidi Boike, AΦ, Undeclared
Paul Buss, ΦΚΘ, International Relations
James Caldero, ΦΚΘ, Business Administration
Dorothy Camp, AΦ, Undeclared
Joan Caratan, AΔΠ, Undeclared
♣ Kimberly Cassano, ΓΦΒ, DLA Human Development
Alison Clem, AΦ, Business Administration
♣ Colleen Crawford, AΔΠ, Undeclared
Jody Cree, AΦ, DLA History
Sara Cutsinger, ΓΦΒ, Business Administration
Margaret De Remer, AΔΠ, Mass Media Communication
Marisa Devincentis, ΓΦΒ, Business Administration
♣ Jason Di Gregorio, ΔΤΔ, Biology
Chris Dishman, ΔΤΔ, International Relations
Michael Dobson, ΣΧ, Humanities - English Concentration
Dominique Dudine, AΔΠ, Mass Media Communication
♣ Eugene Eliassen, ΔΤΔ, Mass Media Communication
Danielle Elliott, ΓΦΒ, Mass Media Communication
Christina Ferrari, AΦ, Undeclared
Elizabeth Fraim, ΓΦΒ, Speech Communication
Katherine Gerhardt, AΦ, Biology
♣ Meghan Giunta, AΔΠ, English
♣ Sharon Goan, AΔΠ, International Relations
Tanya Gonser, AΔΠ, Sociology
Karen Gordon, AΔΠ, English
Steffanie Gullo, AΦ, DLA Human Development

Elizabeth Hawthorne, AΔΠ, Anthropology
Matthew Hill, ΔΤΔ, Mass Media Communication
Christopher Honeycutt, ΔΤΔ, International Relations
Christopher Hutchison, ΔΤΔ, Speech Communication
♣ Celeste Jacobson, AΔΠ, Sociology
♣ Helena Johnson, AΔΠ, Psychology
Donald Johnston, ΦΚΘ, Speech Communication
♣ Jacquelyn Jonas, ΓΦΒ, Economics
♣ Heidi Kaney, AΔΠ, International Relations
Alicia Kemmit, AΔΠ, Mass Media Communication
Jennifer Knuff, AΔΠ, DLA - Life Science
Kelly Kreisler, AΦ, Business Administration
David Lang, ΦΚΘ, Business Administration
Ann Leahy, ΓΦΒ, History
Lauren Marchant, ΓΦΒ, Mass Media Communication
♣ Mary Masterson, AΦ, DLA Human Development
♣ Denise Mastro, AΦ, Accounting
Olga Mejia, ΓΦΒ, International Relations
♣ John Michels, ΦΚΘ, History
♣ Kelly Minan, AΦ, DLA Human Development
Cheryl Murphy, AΔΠ, Business Administration
Shane Neuman, ΓΦΒ, Political Science
Mark Noizumi, ΔΤΔ, English
♣ INDICATES FIRST HONORS
*INDICATES 4.00 GPA

CHAPTER AWARD WINNERS

Highest Sorority GPA -- ΓΦΒ, 3.074
Highest Fraternity GPA -- ΦΚΘ, 2.890

♣ Deborah Pearn, AΦ, DLA Human Development
Cari Peters, AΔΠ, Undeclared
Catherine Potter, AΦ, DLA Multicultural
Jennifer Ragazzo, AΦ, Biology
♣ Hilary Reynolds, AΦ, DLA Human Development
Jennifer Roche, AΔΠ, Speech Communication
♣ Jennifer Ross, ΓΦΒ, Sociology
♣ Todd Schmidt, ΦΚΘ, Undeclared
♣ Christine Silva, AΔΠ, Undeclared
Lisette Soudant, AΦ, Undeclared
♣ Jason Stein, ΦΚΘ, Business Administration
Rose Steinberg, ΓΦΒ, Speech Communication
♣ Jessica Stenger, ΓΦΒ, Biology
Alison Stewart, ΓΦΒ, Undeclared
♣ Jason Stuepfing, ΦΚΘ, Economics
♣ Michael Sullivan, ΣΧ, Undeclared
♣ Julie Tallerico, ΓΦΒ, DLA Human Development
Taralyn Tanner, ΓΦΒ, DLA Bilingual Education
♣ Shawna Terry, ΓΦΒ, Accounting
Christina Theiss, AΔΠ, Business Administration
Ashley Thomas, ΓΦΒ, International Relations
Aimee Tiberi, AΦ, Psychology
Heather Underwood, ΓΦΒ, Speech Communication
♣ Gioia Wahhab, ΓΦΒ, Undeclared
Brian Wantz, ΦΚΘ, Mass Media Communication
Christy Westad, ΓΦΒ, Political Science
♣ Emily Wheatman, AΔΠ, Undeclared
♣ Kristen Wiley, AΔΠ, Accounting
Sarah Wilkins, AΔΠ, Undeclared
Jennifer Williams, ΓΦΒ, Undeclared
♣ Kara Wolf, ΓΦΒ, Undeclared
Garrett Woodward, ΣΧ, Ocean Studies
Kristina Zeller, AΔΠ, Undeclared



Thinking big produces results

■ *Manchester to host conference that focuses on professional women who have succeeded in business*

Maurica Stewart
Staff Writer

There are a vast number of women who dream of owning their own business, but have been hindered by a lack of morale or not knowing the right people to seek for advice.

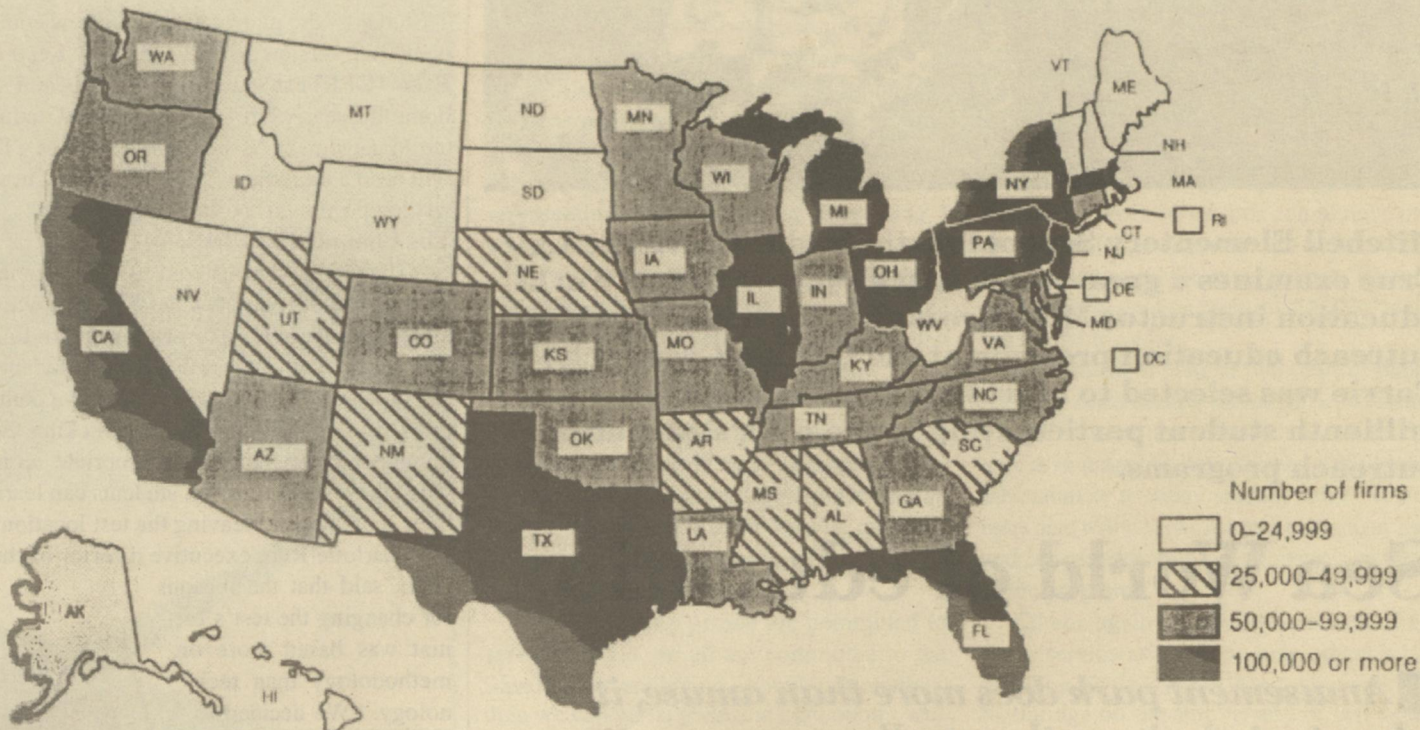
For this reason, the Committee of 200 and USD are co-hosting a one-day conference, "The Entrepreneurial Challenge to Women Who Dare to Think Big," tomorrow from 8 a.m. to 6 p.m. at the Manchester Executive Conference Center. The cost of this event is \$95 dollars in advance and \$125 at the door.

Dean James Burns of USD's school of Business, describes the conference as "an unparalleled learning opportunity."

This conference involves dozens of entrepreneurial women who have been executives of leading companies as well those who are on the threshold of becoming owners in successfully franchised and newly-franchised companies.

Through panels, presentations, formal and informal networking, students and faculty will be given the opportunity to ask all sorts of questions from these women who have already been successful as well as learn what's already out there for them today.

This event will provide an opportunity to overcome any of those perceived and very real financial, cultural and psychological obstacles faced by most women, as well as a time to offer questions and comments to much of what is being presented in the seminar.



The women who will offer their secrets for success are Sandra Brue, president and CEO of Sandicast, Inc.; Sandra Woods, vice president of Coors Brewing Co.; Sheila Cluff, president/owner of The Oaks at Ojai/The Palms at Palm Springs; Judi Separd Missett of Jazzercise; Carolee Friedlander, president of Carlee Designs, Inc.; Dathryn

Hach, chairman and CEO of the Hach Company; Sherry Manning, president of ECCI and Nancy Mueller, president of Nancy's Specialty Foods.

According to the 1987 Economic Census, women account for 30 percent of all self-owned business firms in the U.S. These same businesses take home only 13.9 percent of the revenue of self-owned business firms in the United States.

The census also found that women owned 40.9 percent of all self-owned firms inclusive of revenues of \$5,000 dollars or less. Though these statistics seem to suggest there is an increase in the amount of women-owned firms, according to the census there still is a lack of gross revenue yield overall.

The Committee of 200 is a professional business organization comprised of some of the leading CEO's, presidents and other high level decision makers of the country's top multi-million-dollar companies. Many of the people invited to join the organization were chosen due to their leadership and prominence within the industry as well as be-


cause of their entrepreneurial status which has lead them to their current positions.

In addition to their high stature in the business industry, they are able to acknowledge an annual revenue typically exceeding \$10 million or are executives managing budgets of at least \$50 million.

The Committee of 200 has established a foundation dedicated to raising the funds necessary to provide scholarship opportunities for those interested in becoming future entrepreneurs. Information about the scholarship can be obtained at the seminar.

Specific topics of the seminar include "Do What Terrifies You (Everything Else is Boring)," "How to Become Your Father's Son" (For family businesses), "Being in Business for Yourself, Not by Yourself" (for franchised businesses), "Linking Up for Growth," and "My Story" by Four Superstar Female CEO's.

For further information, please contact Jeanne Schell at (610) 260-4585.



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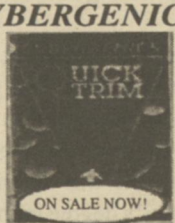
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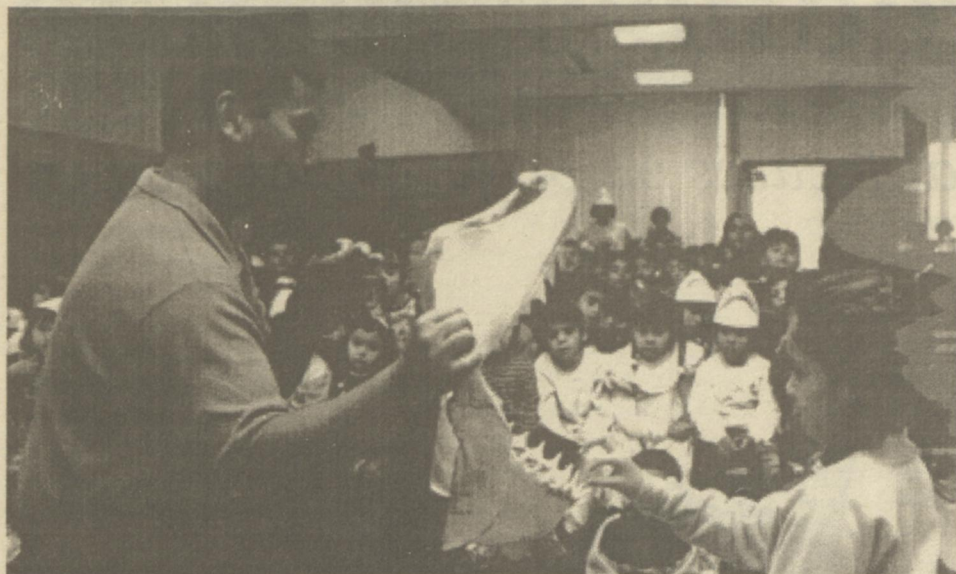
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Mitchell Elementary School fourth-grader Carrie De La Cruz examines a great white shark's jaw with Sea World education instructor Mike Brosas during a Jan. 12 shark outreach education program at the Garden Grove school. Carrie was selected to represent Sea World's one millionth student participating in the park's educational outreach programs.

Sea World of education

Amusement park does more than amuse, it educates today's youth as well

Hector Roberts
Staff Writer

Since 1986 Sea World education instructors have visited elementary schools with one goal: educate young students about the importance of understanding and respecting the marine environment. And on Jan. 31, at Mitchell Elementary School, Sea World of California reached an impressive milestone: 1-million students exposed to the realities and intricacies of marine life.

The program is conducted by education instructor Mile Brosas. Instruction works out of the Mission Bay park and covers many of the West's schools and the marine species close to those schools. But students who experience the program receive a great breadth of understanding. In Washington kids learn about whales and their plates of baleen which help to gather food. This is juxtaposed with the great teeth of the killer whale. Kids walk the entire length of a great blue and can be awed by life-size inflatable models of gray whales.

Most of the activities are fun and geared to the short attention spans of kids. "We have

designed our programs so that students are entertained as they are educated," says Brosas. "Our goal is for students to leave our program with a better understanding and appreciation of the marine environment."

The presentation at Mitchell Elementary School in Garden Grove involved sharks and the diversity of the cartilage-framed fish. The instructor introduced students to several types of sharks. They talked about the adaptations of bottom-dwellers and free-swimmers.

The group was divided in two and each student received a shark mask to don during the presentation. They were later treated to a piece of shark cake, that is, a cake that was shaped like a shark.

"We were extremely proud to be part of Sea World's celebration," said Dr. DeWayne Terry, principal of Mitchell Elementary. "Over the years, I have seen thousands of students educated at our school."

There are other Anheiser-Busch parks across the nation that have similar programs. These programs have been awarded by the American Zoo and Aquarium Association with the "Award for Excellence."

Students prepare for change in GRE, GMAT

Marco Buscaglia
College Press Service

Students who plan on taking the new computerized version of the Graduate Record Exam (GRE) can leave their No. 2 pencil at home this year, while test-takers of the Graduate Management Association Test (GMAT) will need a sharp pencil to get through a new writing portion of the standardized test.

The Computerized GRE

The GRE, administered by Educational Testing Services in New Jersey, is moving away from its paper and pencil version to a completely computerized format. Students can now take the test while sitting at a computer, and answer questions by clicking the computer mouse on the appropriate icon. Once the test is complete, students can learn their scores before leaving the test location.

Charlotte Kuh, executive director of the GRE, said that the reasons for changing the test's format was based more on methodology than technology. "We decided to make the test less linear and more adaptive," Kuh said. "And the computerized allows us to put in some new types of questions."

Unlike the paper and pencil version, the computerized version of

ence in the world."

But do students who are on the borderline want to know their scores right away? Andover thinks so. "I did well, so obviously, I was happy," she said. "But even if your grade is not as high as you need it, you know right then and there. You don't have to sit at home worried sick waiting for the mail."

Those who opt for the computerized version will end up paying \$93, nearly twice as much as those who take the test in its original format, which costs \$48. But for Andover, the extra money was well worth it. "The fact that I was able to take the test in my own terms instead of on a morning I had to set months in advance was worth the extra money to me," she says. "It was a lot less stressful than an ordinary test."

Changes to the GMAT

Due to the increased awareness of the importance of writing in the business world, test officials at the Graduate Management Admission Test (GMAT) have changed its format for the first time since it was created in 1964. A writing section

has been added to the new test that will



sure a student's communication skills.

Beginning Oct. 15, the GMAT essay became a mandatory section of the exam. Students now have to write two essays, one analyzing a business issue and the other arguing a selected point

of view.

The writing section is divided into 30-minute halves and brings the test's total time to about four hours.

The essay portion then is graded by GMAT officials, and the grade and a copy of the essay itself is sent to each school to which the applicant applies.

On the final test date before the writing section became part of the exam, GMAT officials say the percentage of people taking the test increased by 15 percent.

"A lot of students were concerned about the new writing portions of the test," said Kaplan's Edward Downey. "We are talking about students who haven't had to write for a course in about two or three years."

Downey said that students who have written on computers can edit as they go by moving paragraphs around and switching sentences. "Now they have to have their own thoughts all in order before they begin writing," he added.

Addy Chang took the new GMAT on Oct. 15 in Atlanta, and found it to be easier than she expected. "I really spent a lot of time preparing so it was alright," said Chang. "But the writing portion was kind of tough. It's the first thing you do at 8 a.m.. I would have much rather started filling in the circles."

CRIME WATCH

Tuesday, Feb. 7

Several ink cartridges for printers were stolen from the Legal Research Center.

There was a motor vehicle accident behind Maher Hall. No injuries were reported.

Thursday, Feb. 9

A motor vehicle accident occurred on the hill near the west entrance to the campus. The driver was transported to the hospital for an examination after complaining of pain.

Friday, Feb. 10

Night- There was vandalism to a Toyota 4x4 in the Phase B parking

lot. The windshield was shattered when hit by a flying object, probably thrown out of a dorm window.

Seven vehicles parked on a public street at the Graduate Apartments were vandalized during the night. The cars had smashed windows and mirrors, and several tires were punctured.

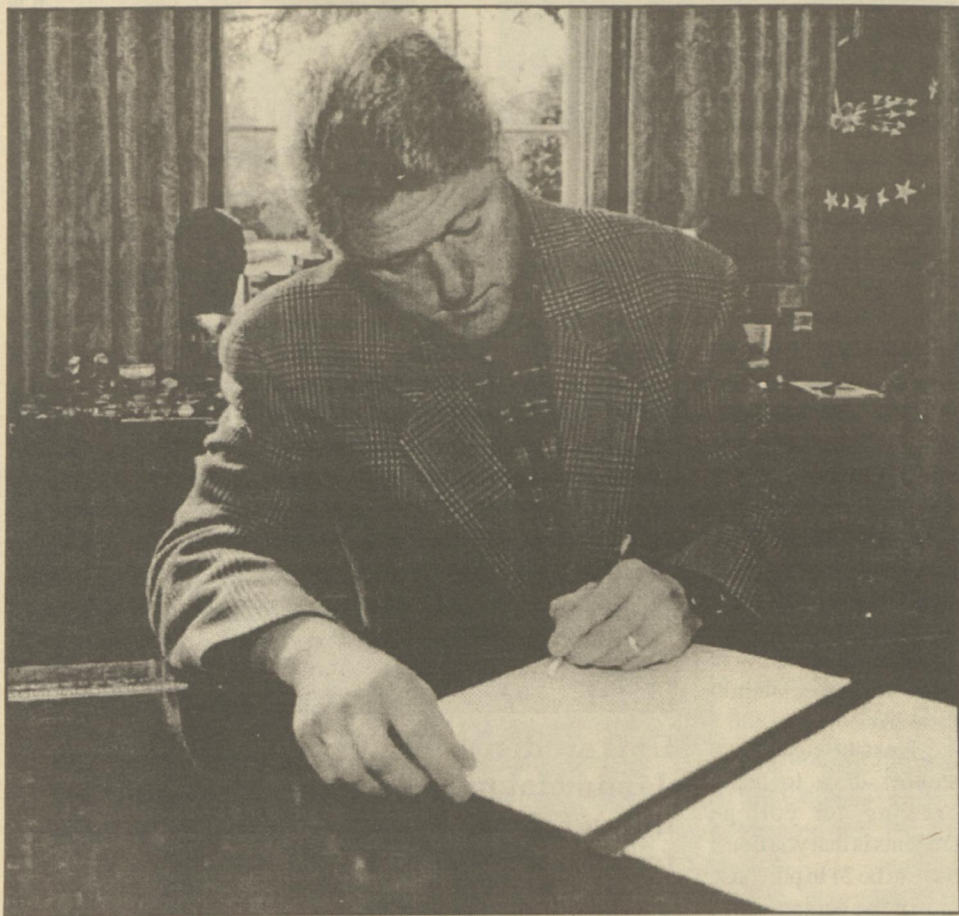
Saturday, Feb. 11

There was a motor vehicle accident in front of Olin Hall. No injuries were reported.

Sunday, Feb. 12

A wallet was reported stolen from a backpack at Copley library.

College students, Clinton vow to fight proposed cuts to AmeriCorps program



While some Congressional Republicans are considering eliminating the AmeriCorps program, President Clinton is working hard to defend the domestic volunteer program

Marco Buscaglia
College Press Service

College students say they may head to the nation's capital to voice their support for the AmeriCorps program, which could fall victim to congressional budget cuts.

While some Congressional Republicans are considering eliminating the AmeriCorps program, President Clinton has gone on record defending the domestic volunteer program as representing "the essence of everything I wanted to do as president."

In two speeches on Martin Luther King Jr. Day, Clinton defended the national service plan, promising to veto any legislation that eliminated the AmeriCorps program.

"I was told a day or so ago that in this new Congress, there may be a move to abolish the national service corps to save money to pay for tax cuts," Clinton said at a King memorial service in Denver. "But the AmeriCorps program represents the essence of everything I wanted to do as president."

"These young people are committed to service, and if we all are committed to the idea that we are bound up with one another, then we can all be great and our country will be great."

Republican Rep. Jerry Lewis of California, the House Appropriations subcommittee chair, is currently reviewing the \$577 million program for elimination as a way to slash \$24.6 billion out of the federal budget, while Speaker of the House Newt Gingrich also has voiced his opposition to it.

Gingrich said that volunteerism shouldn't necessarily be paid by the national government. "It is coerced volunteerism," he said in a Newsweek interview earlier this year. "It's gimmicky."

Meanwhile, students who are participating in the program say they wonder whether the program's elimination would be worth the money saved.

"I think a few million dollars that goes directly to helping people is a program worth saving," said David Rivera, a 22-year-old senior at Arizona State University and an AmeriCorps volunteer. "I have no idea why anyone would want to eliminate the program. If there are politicians who think we're out here standing around wasting taxpayers' money, they should come spend some time with us."

Rivera is helping the Arizona Conserva-

tion Corps in its efforts to weatherize and rehabilitate homes for low-income and formerly homeless people. "I just had this desire to do something different before I graduated," Rivera said. "The AmeriCorps program is a chance to do something I can build on. It's something I can be proud of."

More than 20,000 people are currently involved in the AmeriCorps program, which was part of President Bill Clinton's election campaign in 1992. He promised to create a "domestic Peace Corps" by using American citizens to work in various community programs that focus on public safety, education, human needs and the environment. The program is expected to grow to 100,000 members in three years.

In exchange for one or two years of public service, AmeriCorps members will receive \$7,500 a year in pay and an additional \$4,725 a year in grants to help finance their higher education or to repay student loans. Volunteers also will be covered by health insurance and can receive child care if necessary while in the program.

Clinton again invoked the concept of national service as a way to help others while speaking at California State University at Northridge on the anniversary of last year's earthquake. "The role of government in this age is to be a partner," he said. "It cannot walk away. Many solutions can be found with our national service volunteers."

John Cox, a spokesperson for Gingrich, said the Georgia representative is opposed to

"The AmeriCorps program represents the essence of everything I wanted to do as president."

— President Clinton, at a King memorial service in Denver.

the concept of the national service corps but has yet to propose any specific legislative changes at this time.

But even though no decisions have been made as to whether to eliminate AmeriCorps' funding, Scott Izzo, executive director of the Student Conservation Association, has said that the new Congress will most likely place less priority on the national service movement.

"The concept will probably continue, but I don't know if the funding will," Izzo said. "AmeriCorps has really helped revive volunteerism in this country, and it would be unfortunate if the investment made in the program was cut or eliminated."

Wendy Grassi, spokesperson for the Corporation for National Service, is more optimistic. She said that she is confident the AmeriCorps program will remain intact. "We had bipartisan support when the legislation was passed," she said, "And we expect to continue."

Eli Segal, president of the National Service Corps, said he can't understand why anyone would oppose the AmeriCorps program, claiming that it's a "funded non-mandate," which can help federal and state officials by giving academic stipends in return for "necessary" action.

"AmeriCorps aims at making local improvements," said Segal. "It's a very simple idea. We do our best when the people and government work on the grassroots together."

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involved
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staff

BREW

continued from page 1

"The concept is really old," said USD sophomore Mike Cutri, who is a home brewer with his two roommates. "My great grandfather, who worked at a brewery, did [microbrewing] around World War II. But then you couldn't buy a kit at the store."

Cutri and his roommates, Mike Dobson and Mike Green, share an apartment in Mission Beach and began brewing last semester when they were inspired by a mutual friend. They thoroughly enjoy their potent potables because they are thicker and richer.

"The ones in the store are more watered down, have less alcohol and less flavor," said USD sophomore Mike Dobson.

"It's much easier and less hassle to buy beer [in the stores]," said Dobson. "But the whole process of creating your own beer is much better."

"It's just the satisfaction of making something. It's like making dinner, but it's beer. You follow the recipes and prepare it. It just takes a little bit longer and tastes a lot better. And the longer you wait, the better it gets."

The three roommates are partial to brewing stouts and porters. And with creativity incorporated into their brewing techniques, they have begun doing variations on some recipes. Presently, they are working on a honey-spruce lager, which is made from two pounds of honey and two ounces of pine-flavored spruce essence. "One of my friends is brewing an apple-cinnamon beer," said Dobson, "and I have known people to do raspberry, peach, tropical fruit and a nut brown porter."

You can make domestic beers, import beers or your own concoction of "personal touches" with a beer kit from your local brewing supply store.

One of many microbrewing stores that have recently been sprouting up all over Southern California is just a block away from campus. Home Brew Mart has been helping people become brew masters in their homes for the last two-and-a-half years.

Upon entering the Home Brew Mart you could mistake it for a surplus store or a chemistry lab with its towering shelves stocked with flasks, bottles, tubes, jugs and

buckets. The next thing that hits you is the smell, which is similar to that of a vegetarian grocery store. This is due to the mass quantities of barley and yeast essential to the making of beer.

Jim Blansit, store manager, insists that there is a beer brewer in everyone. He teaches beer brewing classes every Sunday morning from 9:45 to 11:45. However, there is no sampling allowed since the Home Brew Mart has not yet received its alcohol license.

Blansit explains that the reason for the increasing interest in microbrewing is that the public is no longer forced to settle for bland American beer. "Not since Prohibition have people been aware of what a good beer is," said Blansit.

"Most people brew for the handcrafted appeal."

Along with the equipment to brew beer, the Home Brew Mart also has a plethora of beer "cookbooks" and literature on the joy of home brewing with original recipes such as Spider's Tongue German Weiss Rauchbier and Catch Her in the Rye, as well as old-time favorites. According to Blansit, the recipe most commonly asked for and used by first-time brewers is Propentious Irish Stout, which is more commonly referred to as Guinness.

"Home brewing gives you the chance to try bizarre combinations, like adding fruit, chocolate, spices, unusual grains, coffee, tea or other things that a commercial brewer is not likely to want to risk on the scale of hundreds or thousands of barrels," said Mark Stevens, co-author of "Homebrew Favorites."

"I suppose most people get into it because they want to learn more about what makes beer taste the way it does, in all its various forms, or because they want to experiment with styles of beer that are difficult or impossible to find in many parts of the country," he added.

The number of homebrewers in the United States is currently on the rise, according to Lori Tullberg-Kelly of the American Homebrewers Association, an organization which promotes competitions among brewers and education of would-be manufacturers.

"No one's done an extensive study of how many home brewers there are," she said. "But

based on sales figures, approximately 1.5 million in the U.S. brew their own beer."

"It's probably a better scenario than going around and hitting the bars. It's more of a responsibility thing," said Cutri.

Frequented beer houses such as the Pacific Beach Brewery or Pizza Port in Solana Beach satisfy the thirst of beer connoisseurs on a regular basis. And when a restaurant with a liquor license wants to sell good beer and make a large profit, brewing in-store is the way to go.

"[Restaurant] microbreweries are a success because people are getting tired of flat American beers," said Vince Marsaglia, owner of Pizza Port restaurant. "The beers we brew is what real beer should taste like."

Next to great taste, another draw to home brewing for college students is that you don't have to be 21 to purchase

any of the equipment needed to brew. Home Brew Mart is considered a grocery store, although policies vary from store to store.

"In practice, most home brew supply shops have a policy where they don't knowingly sell to underage drinkers," said Stevens. "They

"Brewing is for everyone, blue and white collar"

— Jim Blansit, store manager, Home Brew Mart

do this for ethical reasons because they believe it would be irresponsible to do so. However, they are just selling food products, nothing containing alcohol."

Besides, "most [beer brewers] are more mature," said Cutri. "[Microbrewing] is really not that easy. It's complicated, and it takes a lot of time." With this in mind, most underage drinkers will just find a fake I.D., a store that doesn't card them or have an older friend buy it for them.

The main drawback is how long it takes until a brewer can enjoy his or her creation. It takes about two weeks to make five gallons of beer. This involves a week to 10 days to let the liquid ferment and bottling for another



USD students Will Darling (right) and Jamie Maloney (left) pour brewed beer into a 6.5 gallon vessel for it to ferment for two to 14 days.

week to 10 days to carbonate.

It costs \$54.95 for a home-brewing kit, which includes a 6.5-gallon primary fermentation vessel, siphon tubing, bench lever capper, drilled primary bucket, racking cane, bottle filler, bottle caps, spigot, floating thermometer, hydrometer, Hopped Malt Extract and yeast, airlock, plastic funnel, bottle brush and a rubber stopper. Depending on the recipe you are following the ingredients can cost anywhere from \$17 to \$25. Blansit insists home brewing is economical but it is not for the guy who has to scrounge money for a bottle of Old English 88.

There are some aspects of home brewing which could cause problems. Letting the solution ferment longer doesn't necessarily mean that the alcohol content will increase. The entire batch could be ruined. Also, if the kit is not sanitized properly, you could get sick. These are other reasons why some drinkers avoid home brewing.

College students may seem to be the ever-present customers in Home Brew Mart, but military personnel, doctors, lawyers and architects also visit the establishment on a regular basis. "Brewing is for everyone," said Blansit, "blue and white collar."

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POST IT

continued from page 4

Internships Gain experience, enhance your resume and contribute to a local business.

Enroll now. It's not too late to participate as an intern for Spring'95. Intern positions deal with accounting, economics, marketing and business. Undergrads see the bulletin board next to Olin 116. Grads see the bulletin board next to Olin 120. Must be a business major or minor to apply.

Aerobic Dancing Jacki Sorenson has created easy -to-learn dances choreographed to music from cha chas to waltzes to rock. Classes are on Mondays in Salomon Hall and on Tuesdays and Thursdays in Sacred Heart Hall. It's fitness made fun. For more information call 260-4310.

EDITORIAL

Thursday
February 16, 1995
Page 9

Commentary • Letters

VISTA EDITORIAL

Love before vice

This editorial can help save your life

You can classify them by race, gender, sexual orientation or age, but the fact of the matter is that *people* are dying of AIDS. These are people that we may or may not meet today, these are people who may or may not know that they have AIDS, and these are people who may or may not be your next sexual partner.

Valentine's Day has come and gone and the reality is that on that date at least one person, probably several, contracted the virus that will kill them. Isn't it sadly ironic that on a day wholly dedicated to love, people committed the unloving, selfish acts of unprotected sex, neglecting to get tested for various STDs and withholding information about past relations.

There are several ways that a person can contract HIV, the virus that is believed to be the cause of AIDS. The common denominator that makes the spread of HIV possible is the lack of a "moral fabric" in the world today. One example of this is the prevalence of drug use, which was an original catalyst for the spread of AIDS. Users were more concerned with getting a fix than using clean needles. These users are often portrayed as transients, but many of them live, on the surface, a similar lifestyle as the rest of us, getting their fix in some alley before driving home to a family.

Another example is the numerous homosexuals who are dying of AIDS,

not because homosexual intercourse is necessarily immoral, but because of promiscuity amongst the homosexual population. These were people who were putting pleasure before commitment or responsibility. Fortunately, awareness and the increasing emphasis on monogamy has helped decrease the rate of HIV contraction among gays, according to the Center for Disease Control and Prevention.

Conversely, heterosexuals, who for some time assumed that AIDS was "just a gay disease," are contracting HIV at an alarming rate because of their irresponsible ways. From 1990 to 1991, the percentage of AIDS cases attributed to heterosexual contact increased by 21 percent, says a study by the CDC. According to Peggy Clarke, president of the American Social Health Association, two-thirds of STD infections occur in people under 25. This is because younger people are generally less responsible, more selfish, and are more likely to have a feeling of immortality. This group is most likely to give into vices.

Heterosexual women have become the most vulnerable to AIDS. They are anatomically more likely to receive the disease from a man than a man is from a woman. From 1988 to 1992, according to the CDC, the annual number of women aged 20 to 29 years with heterosexually acquired AIDS has increased by 96.7 percent. For too long women have left the "protection" up to men who them-

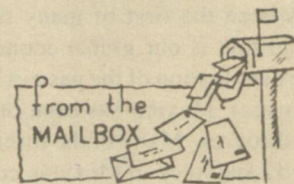
selves are often too busy thinking about better stimulation instead of safety.

Now it appears that children are taking on the brunt of the epidemic. The Journal of the American Medical Association reported that approximately 7,000 infants are born each year to HIV infected women in the U.S., and that 25 percent of these children are infected. Furthermore, statistics show that by the year 2000 nearly 100,000 uninfected children will be born to mothers who will die of the disease. Additionally, up to 38,000 children will have been born with the disease.

The fact of the matter is that much of this human destruction could have been prevented if people took other people into account. This is not to say that everybody who has AIDS got it by acting irresponsibly or immorally, but the fact remains that the disease wouldn't have spread to such a horrific degree if it weren't for such behavior. Condoms break. Needles aren't always sterilized properly. Cheating husbands give the disease to unsuspecting wives who then pass it on to fetuses. Etc., etc., etc.

When all is said and done, you need to be responsible for your own body and of those you love. That's a gift that need not be given only on Valentine's Day.

LETTERS TO THE EDITOR



WRITE TO US!

The VISTA would like to extend to its readers an invitation to submit all kinds of letters. Letters must be signed and must include a telephone number along with a USD ID number for verification purposes. Names may be withheld upon request. The VISTA reserves the right to edit for purposes of length and clarity. Please keep letters less than one double-spaced page.

Traditionalists are welcome to write letters to us by addressing letters to the USD VISTA; Attn: Editorial Section; 5998 Alcala Park; San Diego, CA 92110-2492. Letters may be brought to the VISTA office: UC 114B, as well. The deadline for publication of letters is Sunday at noon.

If you would like to send the VISTA an e-mail please address it to vista@pwa.acusd.edu

Letter unwarranted and lacking substance

I am writing in response to Ryan Millay's letter (Feb. 9, "bookstore continues to cheat students come buy back time") about the bookstore.

Students should know that the bookstore does not buy back textbooks. We bring the publishing company into the store, where they in turn buy back the students' books. Except for this, the bookstore does not have anything to do with the purchasing of used textbooks from students.

As for the prices of textbooks, everyone can agree that they are outrageous. Despite this fact, the bookstore does not make as much of a profit from them as you may think. The vendors charge the bookstore quite a bit, which I found out when I worked with the purchase orders on textbooks and other merchandise. Our profit margin is really only high enough to make ends meet.

A bookstore employee

Police cars too much

Who cares if study groups turn into sketchy Mai-tai mixers, and the gardeners at USD outnumber the staff, student body and population of San Diego? They are good, so no one blows up when they drive golf cars at three and a half miles per hour down the middle of USD's main road, better defined as the longest stretch of crosswalks in history.

Maybe we should have given them some slick new gardening cruisers, because they probably need them just as much as our illustrious campus police

see **LETTERS** on page 10

Write to the VISTA

The VISTA wants to hear from you. If there is anything in the VISTA that you read and wanted to comment on then don't hesitate to tell us. We are always looking for feedback on our work.

VISTA Opinion Phone Poll

*Did you make plans for
Valentine's Day?*

Yes
32%



No
68%

Editor's Note: This poll was conducted by phoning at random 50 students living on campus.

Mexican economy going up in smoke

THEIR PROBLEM IS OUR PROBLEM.

The ongoing financial crisis in Mexico has been the first of many ripples in the pond that is our global economy. Since the devaluation of the peso in December of last year, Mexico has been on the edge of bankruptcy. Many of the foreign investors who have stock in Mexican companies are questioning whether they will be paid the money owed to them by the end of the year.

CATHERINE KRATOCHVIL

Staff Writer

Stock markets from Argentina to Europe are feeling the effects of the unexpected devaluation. One of the steps taken to save the Mexican economy, as well as the economy of all those who have invested in Mexico, is to pull together a loan to help boost the value of the peso, the largest investor, of course, being the United States.

The American public, as well as Congress, are tired of seeing the United States always contributing the most of everything in every world crisis that arises. Americans look at all the problems on our own soil and look in disdain at the prospect of sending our tax money to solve other countries' problems. But this time the United States may not have a choice.

The United States has a long investment history with Mexico. Millions of our products are imported into Mexico, and the Mexican consumer gobbles them up. Since the buying power of the peso has

decreased many of the consumers are unable to purchase U.S. products.

The devaluation has also affected our local economy here in San Diego. Every day, thousands of Mexican nationals cross the border to purchase goods in our major shopping centers. One salesperson at Nordstrom told me that Mexicans account for nearly 10 percent of their business.

Nowadays fewer and fewer Mexican nationals are crossing because they are feeling the pinch of the economic crisis in their own country. It has been reported that San Diego alone has lost millions of dollars in revenue because of the peso crisis.

The U.S. is not helping Mexico to be good Samaritans, they are looking out for the investments that they have already established.

Some big businesses are foaming at the mouth at the prospect of purchasing chunks of Mexico now that it is in turmoil. Many people secretly wish to see Mexico in despair so that America can further its imperialistic policies. But San Diegans can be hurt considerably by such a course of



action. First of all, only the huge conglomerates, as usual, would make money of this course of action. Illegal immigration would surely reach new heights. And San Diegans would surely lose the buying power of the rich Tijuana residents.

The United States is not helping Mexico to be good Samaritans; we are looking out for the investments that we have already established.

The eyes of the foreign investors will be on Mexico in the months to come. The loan going to Mexico is not a "free lunch", several strings are attached. Some of the strings include the selling of state-owned industries, drastic cuts in government spending, and the privatization of several industries. How Mexico handles all these restrictions and the economic strife that may result, could determine if further foreign investment will occur.

Although many people may be opposed to sending a loan of \$49 billion to Mexico, it must be realized that the fate of Mexico could also affect our economy, even quite possibly the entire global economy.

LETTERS

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need their brand new squad cars.

I am talking about those spanking new campus police safety machines bought just months ago to aid USD in its fight against crime. Is there a good reason to have these new cars? Last year was not a year for battling crime at this Catholic school. Nonetheless, it seems the administration found it necessary to scrap the old high-speed crime fighting for new toys of illicit speed.

If one of "USD's best" did bring one of these speed demons up to speed, it would probably collide with a tram. If they did not hit one of these lumbering beasts, they would probably lose their transmission and be juggling their hearts in their throats from running over one of those speed bumps that are big enough to qualify as landmarks. If they are landmarks, why are they not gracing the Traditions Grill with their presence? It seems that almost everything else has its own plastic casing.

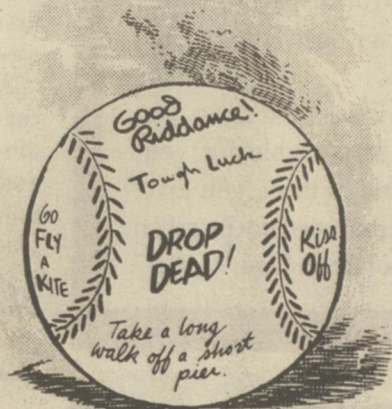
USD's old squad cars worked just fine, so are they just are overdoing it a bit? Half the time all four of the squad cars are parked at that gardening shed they refer to as a police station. If ninety percent of their job is to find my car and ticket it for obstruction of a rose bush, then why do they need to write the ticket out on a dashboard of a sporty new Taurus?

Those brand new cars are a bit much. The key being here is that the Torero brain trust is overdoing it. The extra money spent on those shiny new cars could have gone to bettering our library resources or acquiring a chef for the cafeteria whose is not mad at the world.

Trevor Houser

Sophomore

COLLECTIBLE
AUTOGRAPHED
Baseball
DEDICATED TO THE
FANS
FROM THE
PLAYERS & OWNERS



By Leslie Pappas National Student News Service, 1995

NO EXIT © '95 Andy Singer

EVERYONE'S DISTANCED FROM EVERYTHING

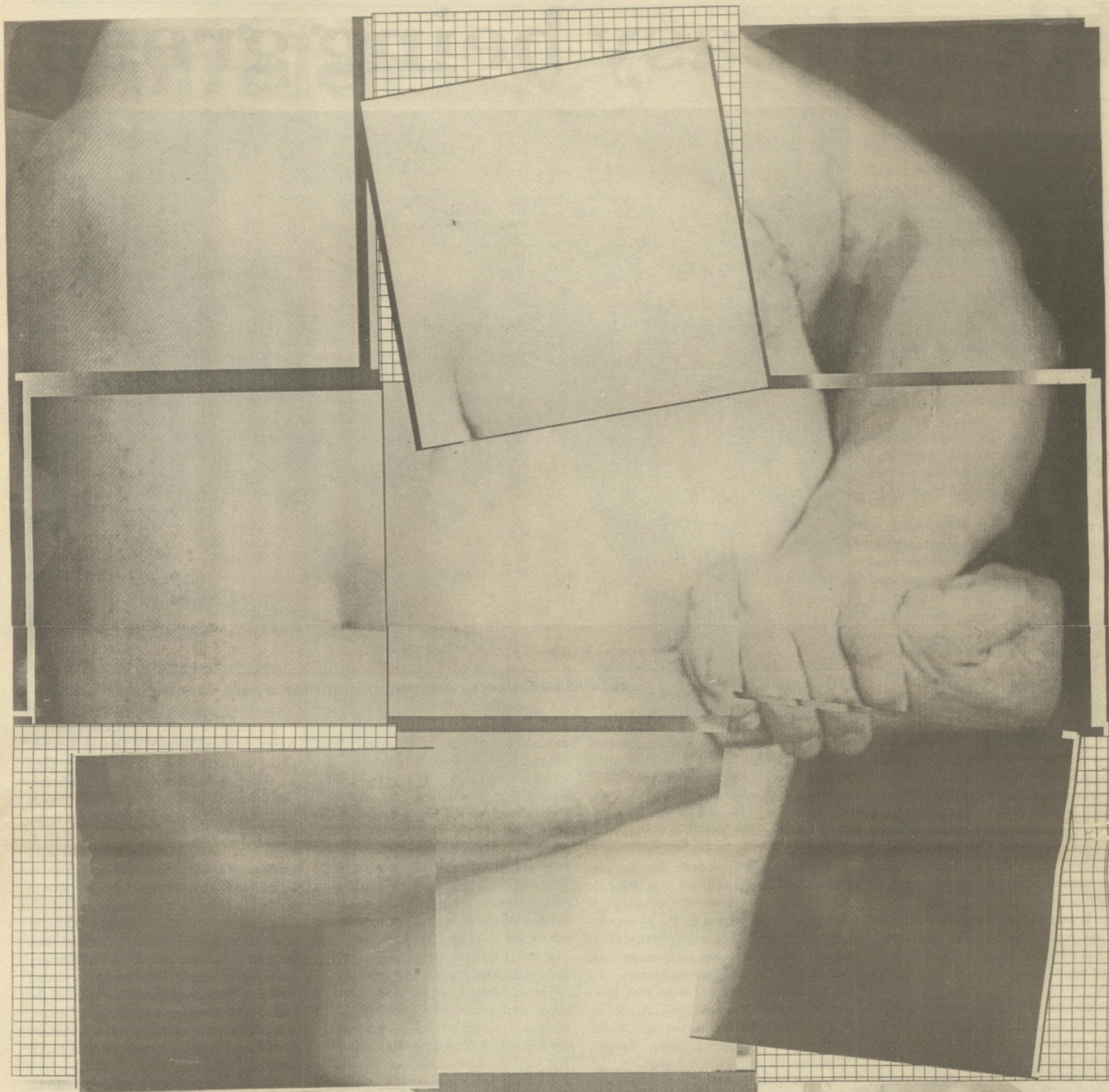


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VISTA

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Get up to 3 units credit



MAKING IT FIT

VISTA SPECIAL SECTION



A REPORT ON HEALTH AND NUTRITION

Photos by Yvette Anaya, Carla Khoury and courtesy of Outdoor Adventures

It's not easy being green

Tanya Rodrigues

Special Assignments Editor

In a society where "calorie" and "fat counts" have become buzz words, a vegetarian lifestyle seems ideal. Less total food calories, more total complex carbohydrates, comparatively less counts of cholesterol and saturated fat, more fiber, less total fat, and more protein, according to health magazine *American Family Physician*.

Dr. Cliff Snodgrass, who runs a nutritional care center in Pacific Beach, predicts that the number of vegetarians will grow within the next 10 years. He adds that the vegetarian diet likely to be embraced in the future involves more of a pendulum scenario: not too extreme, one way or the other.

"I think a higher number of people will find out vegetarianism is good for them on a limited basis," Snodgrass said. The increase may not be huge, but there will be a trend, he added.

Certainly the approach to the vegetarian diet has changed. "There's a broad spectrum now," Snodgrass said. "People are more aware of a lot of little things about vegetarianism. They see that it's not so black and white, but a world of grays." Be it a semi-vegetarian avoiding red meats, or a vegan dining on tofu and rice, today's young adults have become much more conscious lately of what is going into their bodies.

For every reason to choose the vegetarian lifestyle — ranging from the religious, economic or ethical, to the ecological, there are different forms of the vegetarian lifestyle. Because of the varied forms of vegetarians, the exact number of vegetarians are unknown. According to a 1991 National Restaurant Association Gallup survey, five percent said they were vegetarians, but two percent said that they never ate milk or cheese products, three percent never ate red meat, and 10 percent never ate eggs.

Snodgrass said that the vegetarian lifestyle was not for everybody. The individual's physical make-up, which he described as the "constitution," tends to be the determining factor.

"Some constitutions need a protein diet," Snodgrass said. "A vegetarian diet is a mid-to-low protein diet. Some people just don't do as well on it."

It is true that strict vegetarians risk deficiencies of vitamins such as B₁₂, and minerals such as iron and zinc. All of these things can



Michelle Marrot/VISTA

Research has shown that food substitutes are not enough for a safe vegetarian lifestyle

be made up for in supplemental pills and nutritionally fortified food products. Johanna Dwyer, D.Sc., of Tufts University Medical School, found that people should be careful about adopting vegetarian lifestyles because their bodies may absorb vitamin B₁₂ poorly. Dwyer reviewed studies from the previous five years.

Dwyer reported that death rates for vegetarians are similar or lower than those for non-vegetarians. However, this statistic is influenced in Western countries by vegetarians' adoption of other healthy lifestyle habits, such as not smoking, adequate rest and attention to possible health problems.

Without the nutritional substitutes, however, vegetarians run quite a risk. According to a 1988 study of new vegetarians, 24 percent complained of chronic fatigue. Another 38 percent felt it to a lesser degree.

According to Snodgrass, vegetarians who use certain supplemental pills are also taking a risk. He described it as a "danger inherent

in vegetarianism." Food supplements versus food concentrates is the issue. "Food concentrates are opposite from one-a-day vitamins," he said. "Synthetic vitamins aren't going to be able to be [well] absorbed. Food concentrate is going to be almost 100 percent utilized."

Those who hope for a growth spurt should be careful of a strict vegetarian life as well. According to U.S. News and World Report, most nutritionists advise forgoing the purist vegetarian approach in favor of one that allows for dairy and egg products. Jan Marshall, 13, suffered from fatigue until her doctors detected her lack of vitamin B.

The advantage to getting a day's protein quota from meat and dairy products is that these foods contain "complete" protein, according to U.S. News and Health Reports. The need for these amino acids increases dramatically after puberty, for teens then undergo unparalleled height and weight increases.

Guidelines from the U.S. Departments of Agriculture and Health and Human Services advise two to three servings of milk per day, according to the FDA Consumer magazine. The departments advise the same portions of foods such as dried peas and beans, eggs, meat, poultry and fish. Three to five servings of vegetables, two to four of fruits, and six to 11 servings of bread, cereal, rice and pasta — simplified to 11 to 20 plant foods and four to six animal foods — are also advised.

Vegetarians who don't eat dairy products or animal flesh face the greatest nutritional risks, because some nutrients almost exclusively occur in animal foods. "The more you restrict your diet, the more difficult it is to get all the nutrients you need," said Marilyn Stephenson, R.D., of the Food and Drug Administration's Center for Food Safety and Applied Nutrition.

According to Snodgrass, the first tendency for people who become vegetarian is to see

see **VEGETARIAN** on page 18

Students have a lot to learn about eating right

Andrew Bove

National Student News Service

Students need to eat healthier, said nutrition educators at campuses across the country.

"Students don't know how to balance their diets," said Jodi Klaassen, a University of Iowa graduate student and trained dietician. Klaassen currently works as a graduate health assistant at the university. She explained that because many college students never had to make conscious choices about healthy eating at home, they tend to be ignorant about proper nutrition.

Sarah Weaver, who coordinates nutrition education at the University of Texas-Austin, agreed that students have a lot to learn about eating right.

"Most of them know some basics, but their knowledge is often misapplied," Weaver said.

Both Weaver and Klaassen said that many students blindly follow low-fat diets without considering how these diets affect their overall health. Often, Klaassen said, "concerns about eating right are more for aesthetic value

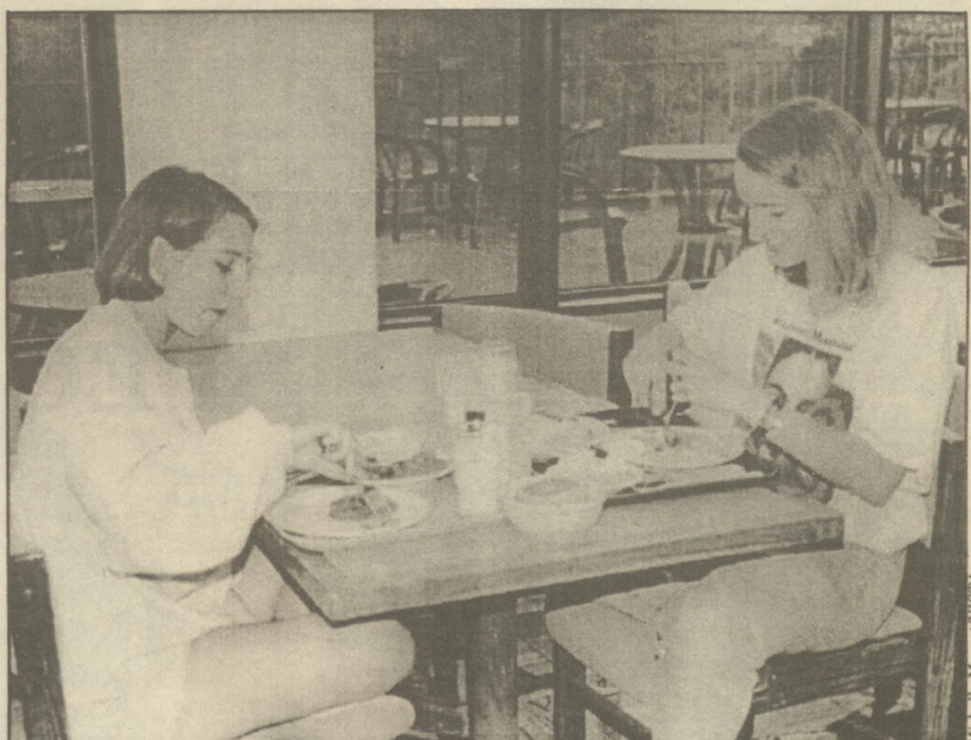
than health value."

She stressed that fat in food does not necessarily translate into fat on the body, and that monitoring overall food intake and not just fat levels is essential for keeping trim. "It's hard to convince students that some fat is better than no fat," she said.

Weaver said that often students who mistakenly believe a fat-free diet will keep them slim actually gain weight from eating too much fat-free food.

Weaver also pointed out that one-track diets can lead to deficiencies of important nutrients such as iron and calcium. She said that calcium deficiency is often a result of the avoidance of dairy products associated with low-fat diets. Young people, she said, should drink three to four glasses of milk per day or the equivalent to get enough calcium.

Vegetarians, Weaver said, are especially at risk for iron deficiency, but she explained that eating iron-rich foods such as dried fruits and lentils can help make up for the iron that many get from meat. Both Weaver and Klaassen emphasized that nutrition education is the key to improving students' habits.



Michelle Marrot/VISTA

USD Juniors Kirsti Serafine and Katy Palmen eat a nutritious, health conscious lunch in the main dining hall

A boulder way to exercise

Rock climbing and funk aerobics go beyond the norm

Amy McMahon
Staff Writer

For those out there who dread the boredom of a stationary bike or the endless hours upon the Stairmaster, there is a light at the end of the exercise tunnel. As the nation continues to adopt wellness and a healthy lifestyle, people have sought out alternative means of fitness.

Many of these forms of exercise provide a fulfilling workout while also providing a great time. Alternative exercise such as rock climbing and funk dance classes can be both physically rewarding and enjoyable.

Funk classes are currently offered at a variety of health clubs and are increasing in popularity. USD cheerleader Cassandra Maniatis has been participating in funk classes since she was a freshman. "I love dancing and exercise, so with funk I could combine the two," she said. Each class is usually one hour long and consists of learning a new dance routine.

Although funk classes are fun and innova-

"Getting in shape has never been so much fun."

— Jennifer Wrightson
USD senior

tive, Maniatis doesn't consider them the sole means of cardiovascular exercise. "If you are working out to burn calories, primarily participating in funk classes won't be enough," she said. Maniatis routinely enrolls in both step and funk classes. This ensures that she's in shape and enjoying the exercise. "I really enjoy this class but I know it won't be enough to keep me in the shape I want to be in," she said.

Vicki Lugert, an instructor of funk classes for the last three years, has seen a dramatic increase in the enrollment within her classes. "Funk has grown because people enjoy the classes so much they forget they are actually working out also," she said.

Many believe funk is too complicated or difficult to even try, but Maniatis believes possessing some rhythm is an asset, not a necessity. "Funk class is much like dancing in a club with a couple of added arm movements," she said.

Another popular alternative to health club memberships is rock climbing, also called "bouldering." Rock climbers claim bouldering to be both physically exhausting and mentally challenging.

"Rock climbing possesses many facets of exercise and enjoyment," said Jennifer Wrightson.

Wrightson, who also plays for the USD Volleyball team, considers rock climbing an exciting alternative to other activities because of the different levels of terrain that can be attempted. Different areas and boulders are rated from 5.1 to 5.12, the latter being the most difficult.

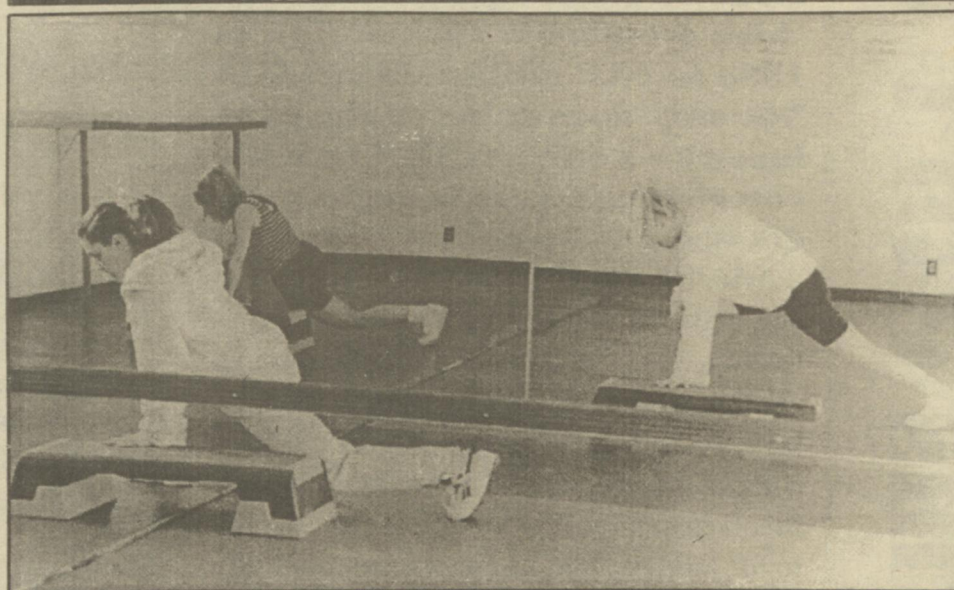
Greg Harkless, an employee for USD's Outdoor Adventures (OA), believes rock climbing has increased in popularity because of the growing accessibility of the sport. "Because of the more people that are now involving themselves in rock climbing, it is much more inexpensive and easier to climb,"



TOP 10 SPORTS ACTIVITIES

1. EXERCISE WALKING
2. SWIMMING
3. FISHING
4. BICYCLE RIDING
5. CAMPING
6. BOWLING
7. EXERCISE WITH EQUIPMENT
8. BASKETBALL
9. BILLIARDS/
10. POOL AEROBIC EXERCISING

Source: Muscle and Fitness Magazine



(Top) USD alum Jay Treat participates in one of last year's Outdoor Adventures, (bottom right) Senior Rose Pardi finds rock climbing isn't as easy as it looks while (bottom left) other students opt for a late afternoon aerobics class at the Sports Center

he said. Harkless believes that people haven't replaced their other athletic hobbies with rock climbing, but just added this to them.

"The different skill levels of bouldering are terrific, because there is something for everyone," Wrightson said. "Beside the major muscles groups like your quads and hamstrings, rock climbing can tone your arms, forearms and even fingers."

Those who don't want to travel all the way out to Santee or the desert can challenge

themselves on the People's Wall in La Jolla. The People's Wall is a man-made retaining wall which people have incorporated into a means of facilitating their hobby. Also, there are actual gyms, such as Solid Rock Gym in Old Town and Vertical Hold in Kearny Mesa, that are designed especially for rock climbing. Both of these have actual climbing walls and are open late to accommodate people who work late.

If you're interested in exploring the rock



climbing avenue, your best bet is right here on campus, with OA. The organization offers various excursions and classes, including an introduction to bouldering. Not only does OA provide the gear, but teaches techniques on harness tying and safety. "I would encourage anyone who wishes to physically challenge their body and enjoy the overall experience of nature to take an introductory class," Wrightson added. "Getting in shape has never been so fun."

Body Building

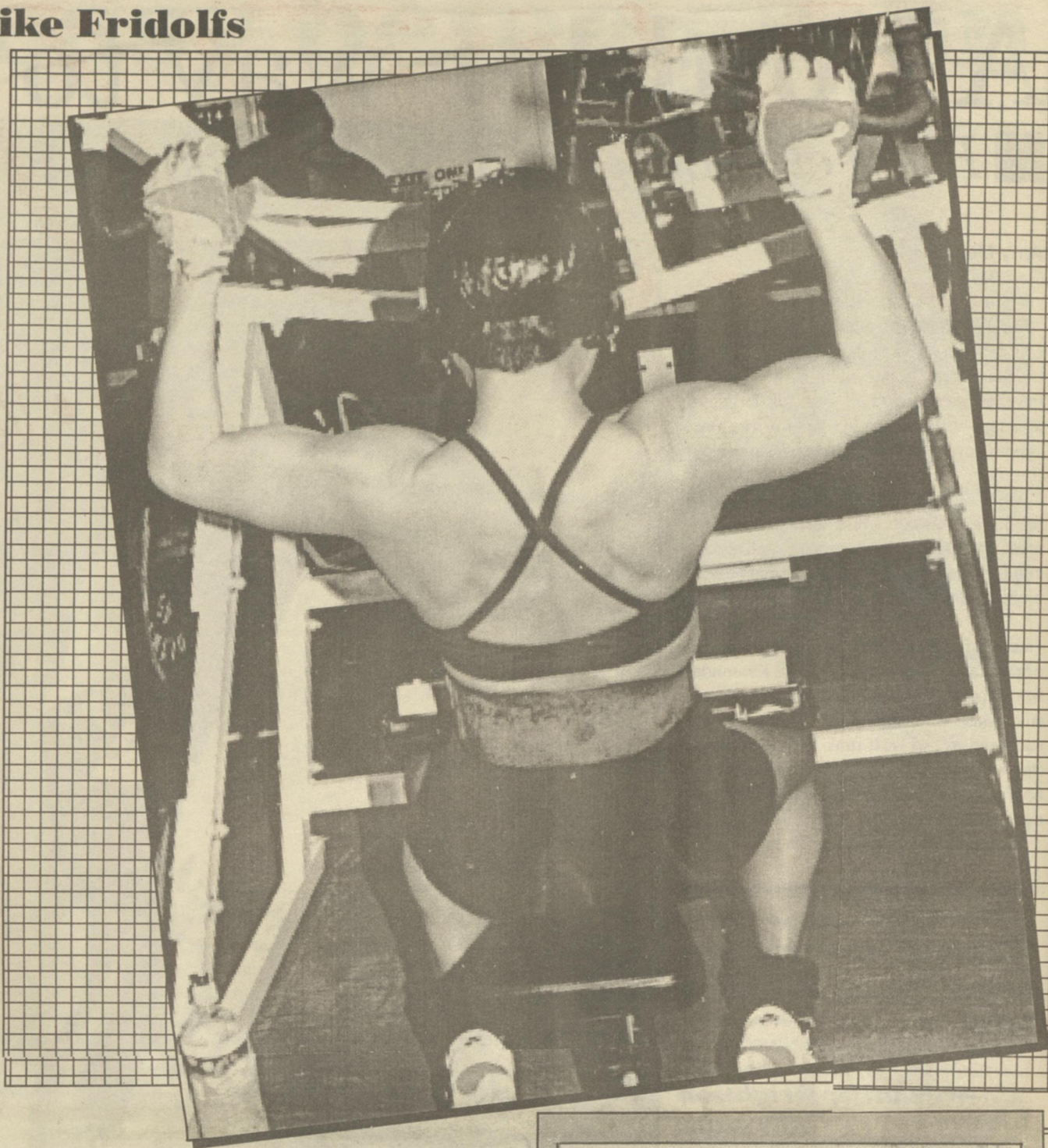
by Mike Fridolfs

Local gyms can't weight to get your business

Are your arms flabby or love handles sagging? Most of us can answer, "yes." Summer is creeping up on us in four months and many students are scrambling to get in shape. According to Muscle and Fitness magazine, health club memberships grew from 16.5 million in 1993 to 18.2 million in 1994. Not only does going to the gym increase your health, but it also can reduce stress brought on by classes.

With over 70 gyms in San Diego, how do you make the right choice? First, you must find an area of interest — strength training, aerobic training or overall muscle toning — because each gym has special features to cater to the individual. Strength training involves your ability to increase your stamina to lift more weight and as a result building larger muscles. Aerobic training includes cardiovascular movements to strengthen the heart and tone the entire body. Muscle toning is the lifting of light weights to increase muscle definition and form.

Students seem to look for a variety of things when searching for the perfect gym. When asked most of them respond, "I want convenience and good equipment." Most gyms in the San Diego know this and have invested millions of dollars into their establishments to make them top of the line.



Family Fitness Center

3675 Midway Drive

Equipment: Includes 3,500 sq. ft. aerobics gym, complete free weight room, and nautilus equipment

Hours: Mon. - Fri., 5 a.m. - midnight; Sat. and Sun., 7 a.m. - 9 p.m.

Cost: Unavailable

First Impression: More like a singles' bar or meat market than a gym.

A Social Club or a Gym?

The first gym I visited was Family Fitness Center on Midway. The facilities are quite large, about 30,000 square feet. This includes a 3,500 square foot aerobics room, a complete free weight room and the newest in Nautilus equipment. I must say that the size of the gym reflects the ego of the staff and members I met there. Mike Avalos, a staff member for one year, did not even offer to show me around the gym and refused to quote me a price.

"This gym is dedicated to health and fitness with a family atmosphere," Avalos said. To me, however, it seemed more like a singles bar — and I wasn't alone. "It is a meat market," said one member, who chose to remain anonymous.

As for the equipment, it is top-of-the-line, and the aerobics

Photos by Carla Khoury



San Diego Fitness and Racquet Center

3666 Midway Drive

Equipment: Includes Polaris and Icarian machines, free weights, life cycles, stairmasters and racquetball courts
Hours: Mon. - Fri., 6 a.m. - 10 p.m.; Sat. and Sun., 8 a.m. - 6 a.m.

Cost: \$99 down, \$15 a month — student discount available

First Impression: Family run, worth the money



Gold's Gym

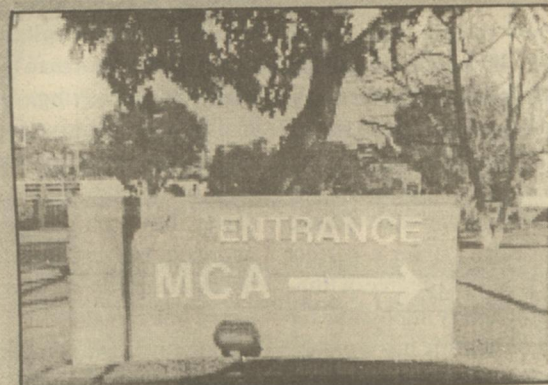
2949 Garnet Avenue

Equipment: Pure weight lifting — includes free weights, cybex machines, Polaris, Hammer strengths, stairmasters, Life Cycles and treadmills

Hours: 5 a.m. - midnight daily

Cost: Flat rate of \$300 a year

First Impression: Definitely not for the light-hearted



YMCA

5505 Friars Road

Equipment: Includes treadmills, stairmasters, Climb Maxes, Life Cycles, junior Olympic-size pool, Smith machine
Hours: Mon.-Fri. 5 a.m. - 10 p.m.; Sat. 7 a.m. - 8 p.m. and Sun. 8 a.m. - 7 p.m.

Cost: Student discount — \$85 for four months or \$79 for three months

First Impression: Convenient, family-oriented atmosphere, allows for a great overall workout

classes are a step above most gyms. Some classes offered include box aerobics; abs, buns, and thighs; step; muscle conditioning, and an introduction to funk. Those of you with children of walking age can even sign them up in kids aerobics. Included with each membership is a personal training session.

Family Fitness Center offers memberships for couples, families and corporations. In San Diego, there are over 16 convenient locations to choose from and your membership is transferable to any Southern California location. Their hours are Monday through Friday, 5 a.m. to 12 p.m., and Saturday through Sunday, 7 a.m. to 9 p.m. Students can go in and get a free one-month trial membership.

Building for the future

The next gym I checked out was the San Diego Fitness and

Racquet center located on 3666 Midway Drive. I was shown around the facilities by gym manager Frank Mannino, a great guy who runs the gym with his siblings and takes pride in his job. The family-run gym is undergoing a \$1 million renovation that will be done in two months. The additions include a new juice and salad bar, a rock climbing wall and new landscaping. As of now, the gym is two stories and totals over 20,000 square feet with a 2,500 square-foot-aerobics room. The new aerobics room and three racquetball courts are on the first floor. The second floor has new Polaris and Icarian machines, tons of free weights, Lifecycles, new Life Circuit machines and Stairmasters. Soon, there will be tanning beds and massage tables. Also in each locker room, there are showers, a sauna and a whirlpool. The gym also has access to the pool next door at the Travelodge.

"The atmosphere is very friendly," Mannino said. "We are

family-owned and operated and most members are by referrals." Students get a special discount rate of \$99 down plus \$15 a month. This may sound like a lot, but from what I saw, this gym is worth the money. The hours are Monday through Friday, 6 a.m. to 10 p.m., and Saturday and Sunday, 8 a.m. to 6 p.m.

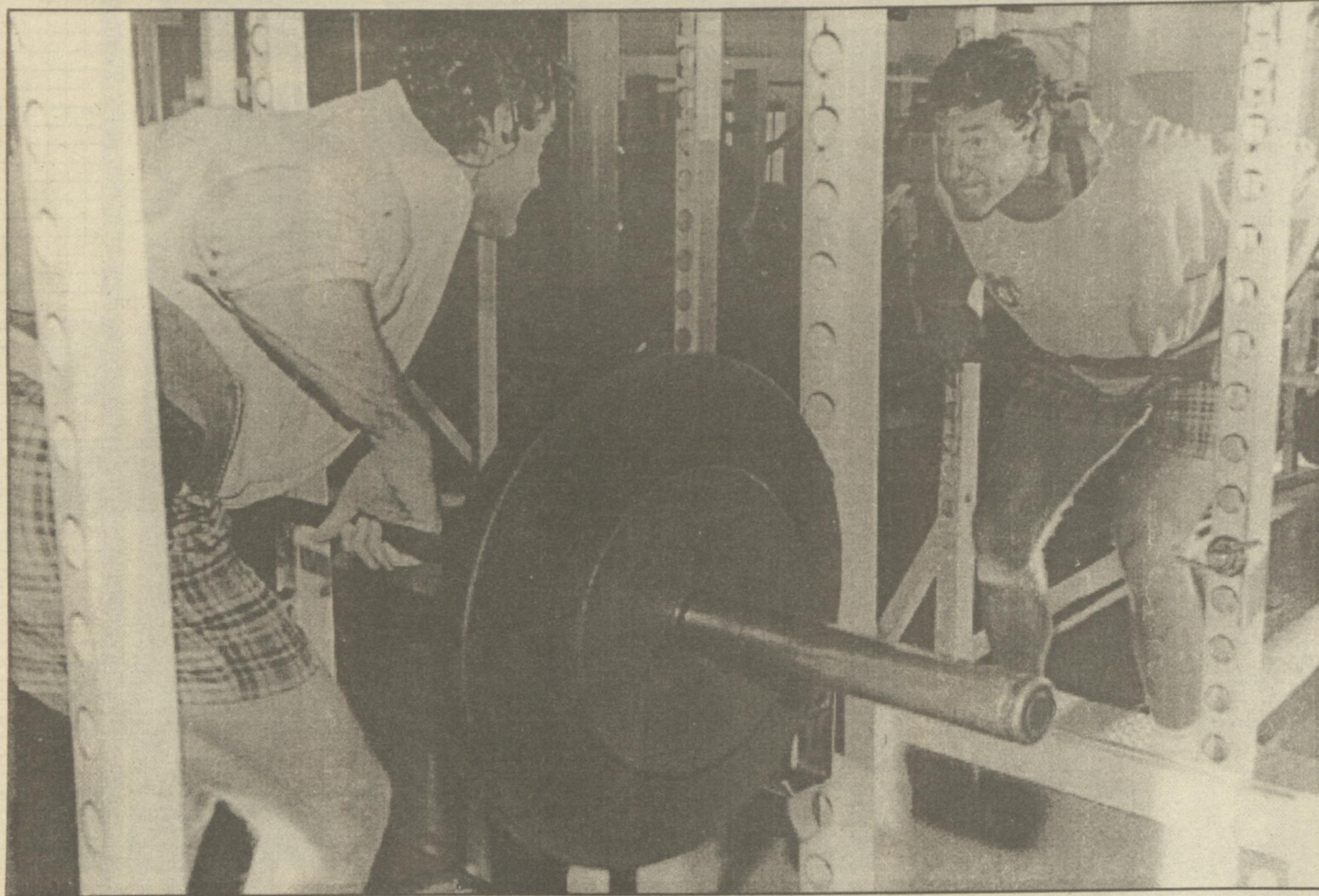
Hard-core

For the true bodybuilder, there is Gold's Gym in Pacific Beach, located on 2949 Garnet Avenue. According to staff member Brett Miser, this gym is "pure weightlifting." The 26,000 square foot powerhouse contains only free weights, Cybex machines, Polaris machines, the new Hammer Strength machines and cardio equipment such as Stairmasters, Lifecycles, treadmills and Versaclimbers. There is no aerobics room, no

see GYMS on page 18

A reflection in the mirror

The blinding quest for a perfect body affects both sexes



Simone Farah
Staff Writer

At first it may be hard to recognize the problem. You see someone on campus after Christmas break and you say, "Hey, you look great." A month later, you realize that the same girl you thought looked great is now looking gaunt, sick and way too thin.

It is estimated that one out of every five college-age women suffer from some sort of eating disorder, the most common of which are anorexia and bulimia, according to "Killing us Softly," a movie about eating disorders.

We have all heard about Tracy Gold, Jane Fonda, Princess Diana, cover-girl Carol Alt and their battles with eating disorders. It has been the topic of every talk show and several magazine and newspaper articles.

The fact of the matter is that anorexia invades every college campus, including USD.

Imagine looking at yourself in the mirror everyday and hating what you saw. Imagine feeling like you overate after an apple, a bowl of rice or even a carrot. Anorexia takes over your mind, body and maybe even your life.

"Anorexia is the most dangerous of all the eating disorders," said Pam Downie, a staff psychologist at the USD Counseling Center. "It can even be life-threatening."

As the disease gets worse, so do the physical and psychological side effects. Anorexics are more prone to infection, stress factors, severe chemical imbalances, weakness of the heart and even death. In addition, anorexics start to lose their hair and menstrual cycles, and they get dry skin, depression and weakness, according to the American College Health association. For a person with anorexia, getting up in the morning and facing the mirror becomes a living hell, and it is not uncommon to have serious suicidal thoughts.

Approximately 10 percent of the people who suffer from anorexia die, according to a film called "Fear of Fat."

What causes people to become so obsessed with every inch of their body? What makes people deprive themselves of the food that allows humans to survive? According to the American College Health Association, there are a variety of reasons from the ideal images portrayed in every magazine to psychological and biochemical imbalances.

Whether a company is trying to sell a car or laundry detergent, they usually manage to incorporate beautiful, thin, young, sexy women. Approximately 15,000 advertisements are aired each day, and it is inevitable that these idle images of beauty affect the self-image of women when they judge themselves.

Some choose to diet, increase amount of exercise, or just be health conscious, but there are others who cross the line and turn to an eating disorder to achieve society's perception of the perfect person. Images don't cause the problem, but they certainly contribute to it. "They contribute to it by creating a climate in which it becomes increasingly acceptable." Ads also imply the idea that looks are more important than personality.

There isn't one cause for anorexia, and usually anorexia isn't only about being thin; rather, there are deeper issues behind the disorder. "Given the present lack of knowledge, we need to remain skeptical," said Dr. Joey Yager, director of an outpatient eating disorder program at the University of California San Diego's School of Medicine. "We are better off retaining a certain amount of confusion and ambiguity, waiting for additional information to support, modify or refute the myriad of current medical hypotheses."

Extreme control over one's food intake can
see **WOMEN** on page 18

Reverse anorexia is an eating disorder that affects men so they feel physically smaller than they actually are and will do anything to gain bulk

Stokes McIntyre
Staff Writer

How should women look today? If fashion magazines are any indication, society answers this question with words like "skinny" and "waif," and the trend is set. Some women feel pressure to take drastic measures to obtain a perfect body, when this degree of thinness is naturally impossible for most. When she has a pathological horror of weight gain and a distorted body-image, a woman suffers from the eating disorder anorexia.

Anorexia is a psychological problem that leads to physical problems. It is a wasting disease that will kill — it took the life of 32-year-old pop singer Karen Carpenter in 1983. Since Carpenter's death, anorexia has been an increasingly forefront issue in society.

But, what about men? Although there are cases where men have had anorexia, most cases are found in women. So what relative effect does a disordered self-image combined with a low self-esteem have on men? The effect is reverse anorexia, also known as bigorexia. Reverse anorexia is the misperception that one's body is smaller and weaker than reality.

A large man suffering from reverse anorexia might look in the mirror and see a little skinny person. No matter how large and muscular he gets, he still sees that puny person in the mirror.

Every man has looked in the

mirror at least once, probably a thousand times, flexed his muscles and said, "Wow! It wouldn't hurt if I had more mass and some veins exploding out of my arms." If a man tells you otherwise, he's lying. It is normal for men to strive for better physical shape. Men that work on a better body do not necessarily have clinical reverse anorexia, because they are not obsessed and do not have a distorted body image.

"All guys have some level of reverse anorexia," said Demitrus Willus, a physical

trainer with Family Fitness. He sees himself as imperfect, therefore he continues to build mass.

If mild reverse anorexia causes men to work out, get stronger and have better self esteem, what is wrong with it? Taken to the extreme, reverse anorexia can be extremely dangerous. Willus explains that reverse anorexia becomes dangerous when it begins to rule the person's life and steroids are used. When a man becomes this obsessed, he is clinically reverse anorexic.

Willus has a friend that became so obsessed that he constantly

severe, men often turn to steroids for fast and easy bulk, not recognizing how dangerous steroids are. In their study of the disease, Harvard researchers found that "all the cases of [clinical] reverse anorexia occurred among the steroid users." According to Willus, every man has a certain amount of receptors for the steroid that will help him gain mass. When the body's receptors are full, any excess steroid that is taken will not be used.

Men with reverse anorexia are blinded so much by the disease, they fail to see the danger of steroids. The result can be disastrous. The world learned this lesson from late football player Lyle Alzado. Alzado died from brain cancer which was linked to his prolonged steroid use.

Traditionally, what is it to be a man? It is to be strong and powerful. A muscular physique demonstrates this power as we have seen in movies like "Conan" and "Rambo." Reverse anorexia stems from men wanting a strong body, fearing smallness as a loss of power.

When a man works out or lifts weights he feels tight and strong. He feels good. A man with a naturally low self-image can make himself feel good by pumping iron ... and that is great! But, like anything, bulking up can be taken too far and become dangerous.

Fortunately, like anorexia, reverse anorexia can be helped through psychological therapy. The idea of men having this problem is relatively new. But, as the pressures of a complex society continue to grow, it is possible that reverse anorexia will be increasingly recognized as a disease, and society as a whole will take steps to prevent it.

Consequences of Disordered Eating

- Guilt, self-critical thinking, judgement of self and others, poor self-esteem
- Preoccupation with weight, body image, physical appearance
- Out of touch with normal physiological hunger cues
- Difficulty trusting oneself, losing touch with "normalcy" in eating
- Looking outside oneself for a "quick fix" to personal problems

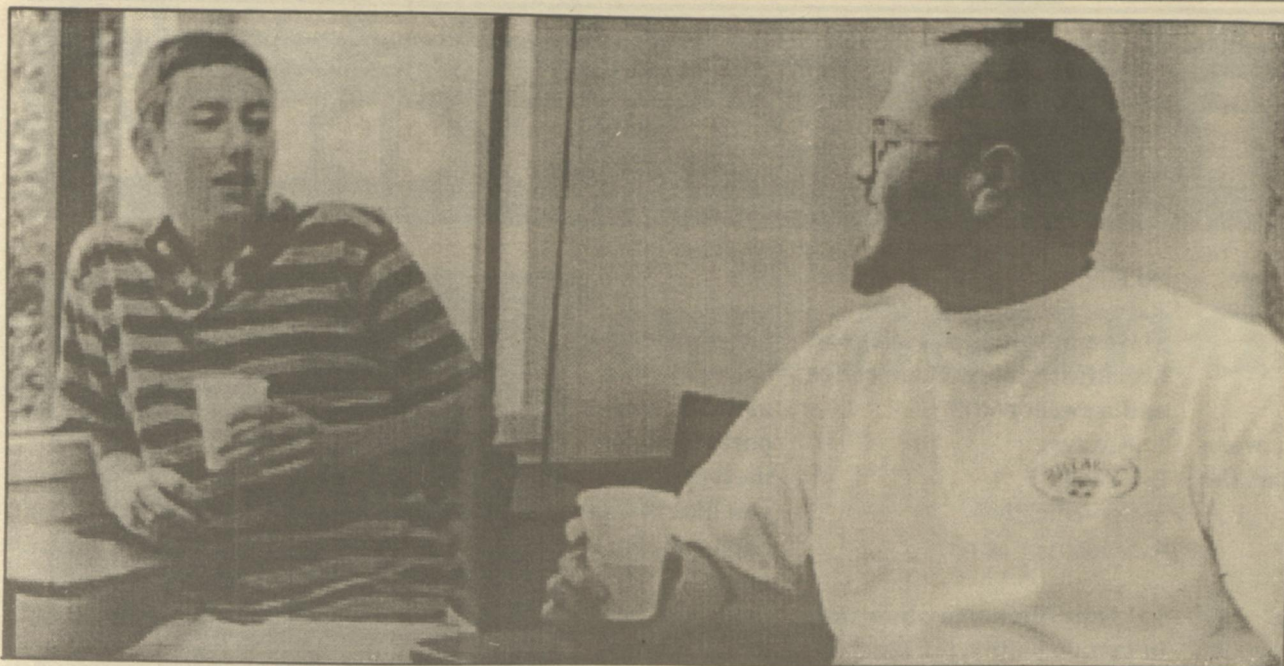
source: USD Counseling Center

trainer with Family Fitness. He said that most of the men with who he works have it.

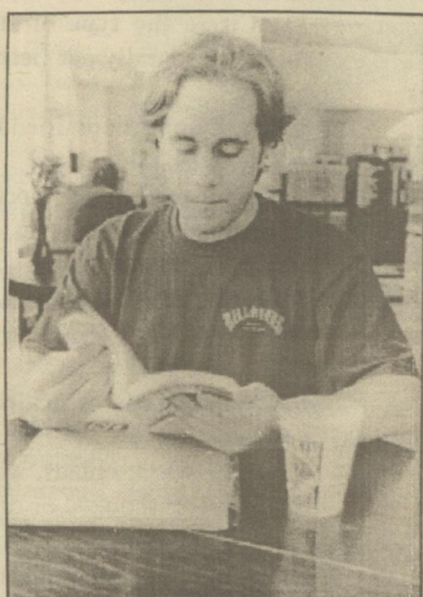
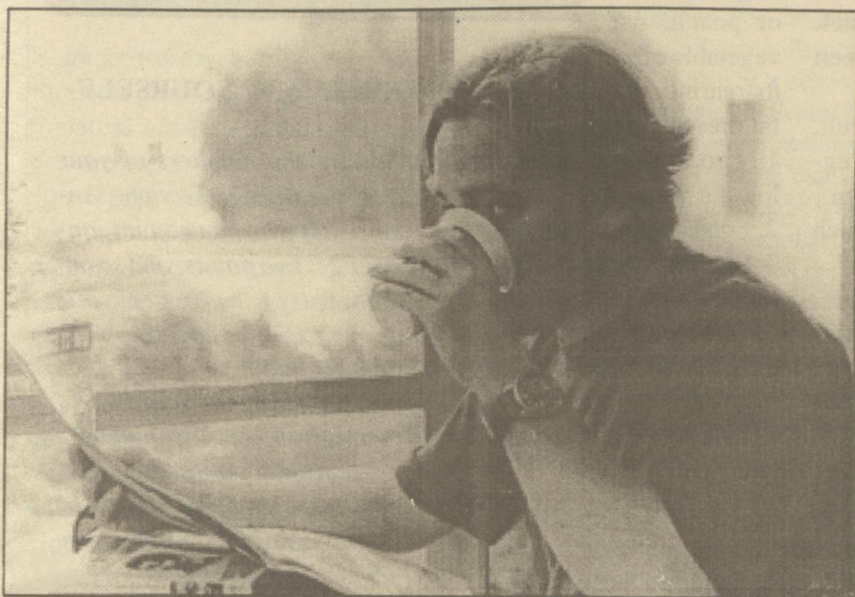
Willus admitted to having a mild form of reverse anorexia himself. As a bodybuilder, he is told by his peers that he looks great and should enter a body building contest. Despite their opinions, Willus feels inadequate for the contest and wants

worried that he was not eating enough to gain mass. His friend refused to go to a dance club and dance because it might burn too many calories; calories that he needed to put on mass. An obsession of this nature can lead to a dire end result: a downward spiral of depression and obsession that can lead to deep depression.

When reverse anorexia becomes



The average joe



Photos by Mike Dobson/VISTA

Many USD students get a quick fix of caffeine at the Aromas coffeehouse

Andrew Bove
National Student News Service

Although health experts caution that too much caffeine can lead to problems, many students are unwilling to give up their daily java fix.

"There's much more to coffee than just caffeine," said Derrick Hachey, who works in a Burlington, Vermont, café frequented

"It's the drug of choice for college life"

— Jodi Klaassen
Health Educator

by students. "It goes beyond addiction."

But Jodi Klaassen, a health educator at the University of Iowa, warned that too much coffee can sometimes cause anxiety, confusion, and irritability.

"It's the drug of choice for college life," she said. In addition, Klaassen explained, coffee and other caffeinated beverages often take the place of more nutritional drinks such as milk, leading to deficiencies of important nutrients.

Still, many students seem to be attracted by the comfortable social environments of college-town coffeehouses, where they can choose to either hang out and talk, or study while they down their cups of joe.

"It's a nice alternative to going out for a beer," said Ruth Fisher, a Georgetown University graduate who often spends evenings in a Washington, D.C., café close to campus.

Tracy Looman, a student at Brown Uni-

The lowdown on Java

- **60% of Americans drink 3 1/2 cups of coffee per day**
- **Caffeine is a natural ingredient in tea leaves and cocoa and is put in soft drinks and medications such as pain relievers, menstrual and weight loss aids, but coffee takes the brunt of criticism**
- **Only heavy drinking — more than nine cups a day — is linked to high cholesterol and symptoms of heart disease**
- **Health-conscious people shouldn't feel guilty about a regular morning cup of coffee — moderation is the key**

source: Muscle and Fitness Magazine

versity, said that coffee drinking "has an aesthetic quality that appeals to people." The idea of passing hours over conversation and warm lattes, she explained, makes people see coffee as much more than just lightning in liquid form.

Fisher said that her caffeine habit rarely keeps her up against her will. "I can have a cup of coffee and go to sleep right afterwards," she said.

But Sara Weaver, who works at the student health center at the University of Texas, said that caffeine often affects

the quality of sleep even if it doesn't actually prevent sleep. Often, she said, students who drink coffee before bedtime wake up feeling unrested.

If recent trends are any indication, campus health officials may have cause to worry. The popularity of coffee and its cozy associations seems to be on the rise among students.

"You can tell by the number of cafés opening up that coffee is getting more and more popular," Hachey said.

Grounds for concern ?

Mike Fridolfs
Production Manager
&
Tina Crowle
Advertising Manager

Caffeine may do a wonderful job of fortifying you to face the day. You think that you can't live without it, but do you know what effects it has on our bodies and health?

Early studies in 1972 by a Boston medical group found a direct association between heavy coffee drinking and elevated risk of heart attack. In 1974, a review by the Framingham Heart Study Institute showed that there was no association between coffee consumption and heart attacks, angina pectoris or sudden death. Today, studies are mixed about the possible link between coffee and heart disease.

According to a study in the New England Journal of Medicine, people who drank as little as two-and-a-half cups of coffee a day are susceptible to symptoms of caffeine withdrawal if they skipped their daily intake. In a Johns Hopkins University study, 62 coffee-drinking volunteers were asked to go without their beverage for two separate two-day periods. During one period, they received a caffeine supplement pill, and during the other, a dummy pill. They were not told the pill they were getting.

The worst symptoms appeared in those who got the placebo. Fifty-two percent complained of headaches; 11 percent experienced fatigue; some had flu-like ailments, such as nausea and vomiting; and 13 percent felt so poorly they took non-prescription pain relievers, which were prohibited under the rules of the study.

Tests also showed that going "cold turkey" disrupted the participants' behavior and wrecked their motor coordination. The findings raise the question of whether caffeine and coffee should be classified as a physically addictive drug, such as tobacco or cocaine.

According to a widely cited book on the subject, "After oral ingestion, caffeine is rapidly absorbed, and significant blood levels of caffeine are reached in about 30 minutes."

The earliest behavioral effects of caffeine include increased mental alertness, a faster and clearer flow of thought, wakefulness and restfulness.

Caffeine seems to affect people to a degree that varies, according to personality type. Despite the generations of writers who have assumed coffee helps them think more clearly, caffeine seems to increase only intellectual speed, not intellectual power. Caffeine is lethal at about 10 grams, which is equivalent to 100 cups of coffee. Therefore, death from caffeine is highly unlikely.

Many other studies reinforce the idea that people respond to caffeine more in relation to how much they actually have consumed. This is not to say the effects of caffeine are imaginary. Many studies confirm what most people already know — coffee keeps you awake. It also decreases total sleep time and increases the number of times you wake up in the night.

High doses of caffeine, those of 1,000 mg or greater, can cause a syndrome of unpleasant effects that are collectively referred to as caffeinism. Symptoms include nervousness, irritability, tremulousness, muscle hyperactivity and twitching, insomnia, elevated body temperature, rapid breathing, heart palpitations, gas, and diarrhea.

Although studies show that high doses of caffeine may cause unpleasant effects, people are still flocking to the gourmet coffeehouses to get their jolt of java.

How fit are you?

Take this quiz to evaluate your success in balancing your life.

1) How often do you get vigorous, sustained aerobic exercise for at least 20-30 minutes per session?

1. Four to five times a week
2. Three times a week
3. Once or twice a week
4. Never — no regular exercise program

2) How often do you do strength building and toning exercises such as sit-ups or push-ups, or use hand weights or weight training equipment?

1. More than twice a week
2. Seldom
3. Never

3) How often do include stretching exercises and relaxation sessions in your fitness routine?

1. More than three times a week
2. Two to three times a week
3. Seldom or once a week
4. Never

4) Mark the response that best describes how you are coping with life.

1. Seldom stressed, coping very well
2. Sometimes stressed, coping

fairly well

3. Often stressed, difficulty coping
4. Extremely stressed

5) Have you felt tired, worn out or exhausted during the past month?

1. Seldom or never
2. Only occasionally
3. Less than half the time
4. Most of the time

6) How often do you use drugs, alcohol or medications to help you relax or sleep?

1. Never
2. Rarely; a few times a year
3. Sometimes; monthly
4. Frequently; every week

7) How many caffeinated beverages do you usually drink per day?

1. None
2. One a day
3. Two to three a day
4. Four to five a day

8) In general, how strong is your social support with family and friends?

1. Strong family/friend social support
2. Some family/friend social support
3. Little family/friend social support
4. No close family/friend social

support

9) How often do you eat a good breakfast (more than coffee and a sweet roll)?

1. Always
2. Usually
3. Sporadically
4. Seldom or never

10) How often you allow time in your schedule for lunch?

1. Always
2. Usually
3. Sporadically
4. Seldom or never

11) Circle the type of snack food you usually eat between meals.

1. Snack on fresh or dried fruit, whole wheat crackers, vegetables or unbuttered popcorn
2. Caffeinated beverages such as coffee or cola
3. Candy, pastries, cookies, potato chips or fast foods

12) What kinds of grains do you eat?

1. Whole-wheat breads, whole-grain cereals (cooked or dry)
2. A combination of whole-wheat and white bread and rolls, mostly whole-grain cereals
3. Predominantly white bread and rolls, white rice and sweetened dry cereals
4. Seldom eat bread, rice or ce-

real

13) Indicate the way you usually prepare food, or the type of food you like.

High-fat: Frequently fry foods, use butter and shortening, creamy dressings and sauces.

Low-fat: Usually broil, bake or poach, use vegetable oil or margarine sparingly, use low-fat dressing, avoid sauces.

1. Food cooked primarily the low-fat way
2. Food cooked both ways
3. Food mostly cooked the high-fat way
4. Food nearly always cooked the high-fat way

14) Indicate the type of meal you generally eat.

1. Vegetarian diet, some fish or fowl, not red meat or predominantly fish or fowl, occasional lean cuts of red meat
2. Regular mixed diet, including red meat
3. Marbled cuts of red meat regularly



Michelle Maroon/VISTA

EVALUATE YOURSELF

Add up the numbers of your answers in each section. Answer 1 is worth one point; answer 2 is two points; and so on. Generally, the lower your score, the healthier your lifestyle habits.

But we don't want you to concentrate on the numbers here. Instead, if you find exercise is taking time from your relationship building, or you're so busy at work you're forgetting to eat, try to get a little balance into your life.

source: Muscle and Fitness, May 1992

GYMS

continued from page 15

sauna or pool, just lots of metal to build you into a muscle monster. At the front desk they sell supplements, carbohydrate drinks and Gold's Gym apparel.

As for the membership price, students don't get any discounts. The price for one year is a flat rate of \$300. Gold's new hours allow you to train from 5 a.m. until 12 a.m. every day of the week. This gym is definitely not for the lighthearted!

Nearest and dearest

The most convenient gym for students living near campus is the YMCA, located at the bottom of the hill on Friars. The facilities have been renovated twice over the last three years to make it one of the best gyms in the San Diego area. The gym has a large gymnasium, a new wood aerobics floor, an indoor soccer field, outdoor basketball hoops, a junior Olympic-size pool, three lighted tennis courts and dry heat saunas. In the training room there are dozens of treadmills, Stairmasters, Climb Maxes and Life Cycles. The weightlifting section of the YMCA has free weights, a Smith Machine and a squat rack. "The variety is great — this gym has more weights than most I have been to," said Ian Wilder, YMCA member.

The reconstruction, which took place at the beginning of last semester, added a new state-of-the-art training center featuring the new LifeCenter. Other additions include a larger stretch area as well as a coffee and juice bar. The cardiovascular area sports seven television sets connected to a special cable system so that clients can use headphones to listen to their favorite shows. The atmosphere is very family-oriented and allows for

a great overall workout.

Beware the after-work hours from 6 p.m. until 7 p.m., as the gym gets very overcrowded. The aerobics schedule is great for students because of the variety of classes and hours. Some examples of their classes are yoga, country line dancing, muscle conditioning, step, funk and high/low impact.

Students get a great price of \$85 for four months or \$79 for three months. They also offer family discounts, senior discounts, and one-parent family discounts. Financial assistance is available for these memberships. The hours of the YMCA are Monday through Friday, 5 a.m. to 10 p.m.; Saturday 7 a.m. to 8 p.m.; and Sunday, 8 a.m. to 7 p.m.

For Students ONLY!

For those students that don't have transportation or the cash to pay for a gym, there is a solution. The USD facilities include tennis courts, an Olympic pool, basketball courts and a weight room. The weight room equipment leaves much to be desired compared to other gyms, but remember — it is free. Most of the equipment is not kept up and needs to be completely renovated. Also included in the gym are Climb Maxes and bikes. The USD gym has odd hours: 10 a.m. to 2 p.m. and 6 p.m. to 10 p.m. The time between is reserved for sports teams training. As for the price... only \$20,000 a year. Don't worry, it's included in the tuition.

These are only five examples of gyms within the local San Diego area. Each offers something different to suit different people. Don't wait until June comes to get in shape. Remember, three times a week, 30 minutes a day plus a well balanced diet are all it takes to maintain health. Give working out a try... it can make a world of difference in all aspects of your life.

VEGETARIAN

continued from page 12

which extremes of vegetarianism suit them. "That's good," he said. "That's an intelligent approach." A more relevant topic becomes "which part should I try?" — a little experience with different aspects to find out which extremes work in one's lifestyle.

The quest for a slimmer body is another reason people turn to the vegetarian lifestyle, Snodgrass conceded. "They think it'll be an easy way to control their weight," he said. "In a lot of ways, that's true, because it's hard to eat a lot of vegetables to gain weight — it's nearly impossible."

The same is not true for those who consume non-vegetarian fare. "Some constitutions don't do well on a meat and potatoes kind of diet," Snodgrass said. "Their body tends to absorb a lot of fat." This fat accumulates, leading to obesity.

"The variable is exercise," Snodgrass said. "A person who has the non-vegetarian diet needs a lot more."

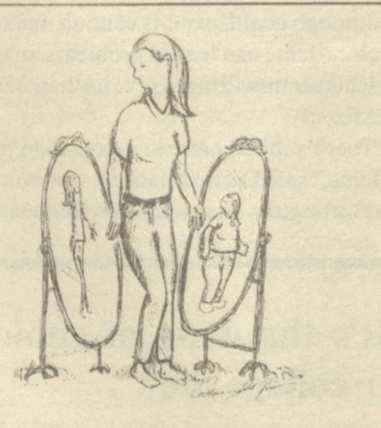
"To be healthful, vegetarian diets require very careful, proper planning," Stephenson said. "Nutrition counseling can help you get started on a diet that is nutritionally adequate."

"I think that as we learn about these different modes, we'll be able to redefine how these things apply to different people," Snodgrass said.

"The beautiful thing is that we're in an information society," Snodgrass said. "In the past with less information, the public made more blanket statements [about vegetarianism]."

"It's coming out that vegetarianism is good for some but not good for others," he continued. "It's not the cup of tea for every person."

Jay Rawson contributed to this article



WOMEN

continued from page 16

give people a sense of control in their lives, when they sense they have no control over their friendships, family, boys or grades. Instead of dealing with problems like fear, sadness, or depression, they turn their focus to food. When you're thinking about food all day, you don't have time to worry about other problems.

"An eating disorder usually doesn't develop overnight," Downie said. "It usually develops over years of either yo-yo or restricting dieting or abusing laxatives or any number of factors."

The good news is that there are people out there who can help anorexics escape their misery. "The real stunner," said Carol Munter, a psychotherapist who started an overcoming overeating group, "is that the eating problem turns out to be quite easy to fix." There are many forms of therapy like individual, group, family, drug and hospitalization.

On the USD campus, we have a counseling center that offers approximately 12 sessions per year, free of charge. The staff psychologists help stabilize students in distress.

COLLEGE INFO

Semester at Sea is a program in international education that emphasizes comparative global studies. Through a cooperative arrangement with the University of Pittsburgh, Semester at Sea provides an opportunity for undergraduates to dramatically enhance their course of study by combining the traditional classroom with international field experience. For more information call 1-800-854-0195.

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Attention: UT-H Summer Research Program

Applications are now being accepted for a generous graduate fellowship and internship program through which minority students are trained to become newspaper reporter and editors. Jointly sponsored by Syracuse University and the Newhouse Foundation, the Newhouse Graduate Fellowship/Internship in Newspaper Journalism for Minorities awards provide for 16 months of master's level study at the acclaimed S.I. Newhouse School of Public Communications at Syracuse University. Free tuition, \$1,100 a month stipends, health insurance coverage and up to \$3,300 in other benefits are provided. Winners also work as part-time interns at the Syracuse Newspapers.

For more information contact Ms. Colleen Duffin, 305 Newhouse I, Syracuse University, Syracuse, NY., 13244-2100. She can also be reached by phone at (315) 443-1124.

College students from across the country are being sought for summer jobs at one of the nation's most spectacular national parks. Glacier National Park, located in the northwest corner of Montana, is best known for its rugged mountain wilderness and its historic lodges. Glacier Park, Inc., is looking for students to fill more than 900 summer jobs in all segments of the hotel and hospitality areas. For more information call Glacier Park, Inc., at (602) 207-2620 or write Glacier Park, Inc., Dial Tower, Phoenix, AZ, 85077-0924.

Best sounds in town

Chris Woo
Editor-in-Chief

Record stores are the answer to social and cultural unity.

Where else can you find all kinds of people in a state of temporary bliss in the same perimeter? Whatever your taste; Rock, Reggae, Metal, Punk, Hardcore, Rap, R&B, Blues, Country, Salsa, New Age, New Wave, Alternative, Grunge, Pop, Showtunes, Jazz, Opera, Classical, Classic Rock or Oldies; Record stores in the '90s serve more as a neutral zone for domestic disputes rather than simply filling your music prescriptions.

Now the only question that needs to be answered is which record store is bold enough to carry the masses of music that both you and I will be able to purchase in the same spectrum without anyone's feathers being ruffled. Hence, this is my mission: to survey the best record stores in San Diego county and critique them in three categories. The first category is selection, the second price, and last but not least, customer service. Each is rated on a scale of 1 to ten (1 is poor, ten is Excellent) I didn't bother writing about any bad record stores since that would be a waste of your time, my time and ink.

Blockbuster Music (Various locations)

When I first walked in this store I was greeted with a smile at the door. This gave me good feeling because they did not follow me around the store and harass me into buying something like some other corporate chain store employees do (i.e., Music Plus). Anyhow, I walked around and was really impressed. The main area of the store consisted



Chris Woo/VISTA

Off The Record on 5th Avenue in Hillcrest suffered an economic blow from a neighboring Blockbuster Music which recently opened a block away

mostly of popular music tapes and CDs while there was a completely separate section for classical music. There was an abundance of music to choose from and a number of listening stations to listen to each full album before I buy. The thing is, you are not only restricted to the individual listening stations. You can bring up any CD and listen to it at the "CD Bar." To be honest, Blockbuster Music is a really good place to spend an afternoon if you are interested in sampling different genres of music for free. Selection: 8, Price: 5, Customer Service: 9

Off The Record (3849 5th Ave., Hillcrest, 298-4755)

This independently owned record store has two locations. One in Hillcrest and one in the college area. Both are well stocked with cassettes, CDs and vinyl. Especially the latter. They feature a large used CD section which are reasonably priced (\$5.99 to \$7.99) and used cassette (\$0.99-\$3.99) and vinyl (\$1.99-\$3.99) bins to complement it. OTR is

see **RECORDS** on page 22

Travel Log



The USD Travel Log gives students an opportunity to share, with the rest of the USD community, their travel experiences. Any and all students are encouraged to submit articles and pictures of their traveling adventures. For further information or questions please call the VISTA or come to our office, UC 114B.

Vanessa Hartman
Carrie Demakas
Special to the VISTA

This past semester we got the opportunity to sail around the world with 400 other students while studying aboard the SS Universe ocean liner. The ship left from Vancouver, British Columbia with Kobe, Japan as it's first port of call. From there we traveled on to Hong Kong, the Philippines, Vietnam, Sri Lanka, Egypt, Israel, the Ukraine, Russia, Turkey and Morocco. Many of these countries are destinations that, under other circumstances, we may never have explored. The exotic charm of the people, their cultures, the landscapes and animals opened our eyes to the vastness of the world as well as how much we don't yet know.

Sail around the world



Photo courtesy of Semester At Sea

Vanessa Hartman and Carrie Demakas in Sri Lanka

The academic aspect of Semester at Sea is not only that of a classroom experience, but also a chance to learn firsthand about the peoples of the world. Individuals come away with a new and better understanding of themselves and their education. Each professor specializes in, or has been to one or more of the countries visited. Many have also lived within the cultures and are fluent in several languages. The curriculum is tied to the ship's itinerary and the professors do an excellent job of interrelating the two. Students are able to apply what is learned in the classroom to their in-port en-

counters, therefore gaining knowledge that a domestic semester fails to offer.

It is difficult to explain what is so great about Semester at Sea because the experience is unique. No other abroad program has 400 students, faculty, staff, their spouses, their children, senior citizens and a great Filipino crew sharing living space, education, meals, parties, exercise, swimming, sun-worshipping, star-gazing, friendships and an around-the-world cruise. It is an adventurous and productive learning experience that we would recommend to anyone.

Get your peace ... of mind

■ Taking an AIDS test shows that ignorance is not bliss

A new addition to the College Life section, *From the inside out*, will explore, on a personal level, issues facing students.

The last issue of the VISTA covered AIDS Awareness Week but left out one important detail, HIV testing. As many of you know, we do not have a testing facility here on campus, but there are numerous clinics you can visit to get tested. The telephone book has a hotline number. Anyone can call toll-free to find testing in their area. My question is, how many of you have used it?

Whether we like it or not, people are and will continue to be sexually active on this campus as they are on college campuses around the country. The ever-increasing incidence of chlamydia is a testament to this fact. Because sexually transmitted diseases are on the rise, we know that people are having unprotected sex. Unprotected sex means potential exposure to not just STDs but also to HIV. But while most STDs can either be cured altogether or treated to reduce

discomfort, HIV cannot. With the exception of extremely rare cases, the majority of people diagnosed with HIV will get Acquired Immune Deficiency Syndrome and die of one or

From the inside out

a combination of illnesses.

Going to get an HIV test is not fun. I know because over break I went. This wasn't my first time and I had no reason to be afraid, but I was anyway. For me it was akin to driving down the freeway in a brand new car. You have your license, registration, insurance, and your windows are not illegally tinted. You're only going 60 mph yet when the highway patrol pulls up you still feel like you

are doing something wrong. In short, I knew I was negative but there was still the fear.

I called the AIDS hotline number in the phone book to find a clinic that gave anonymous testing. On the appointed day I set out, got lost twice and almost went home. But I was determined to follow through. The clinic I went to asked for a \$5 donation, gave me a number and told me to sit down. There was a video playing about a man who thought he would never get HIV but did. Not very uplifting. Their was also a couple next to me that was looking as nervous as I felt. We were the only people waiting. The receptionist said they never did get very busy even though they only tested one day a week between 1 and 5 in the afternoon.

The counselor called me in and explained HIV testing to me, how HIV is transmitted, and then asked me a series of questions concerning my sexual history. They do this to see how high your risk is and when the last time was that you participated in risk behavior. It takes about six-months for antibodies to show up indicating the presence of HIV, which is why testing at six month intervals is recommended, especially if you did have unprotected sex at any time. If the first time you had unprotected sex was a month ago, if you are pregnant or on medication, a false negative can show up. This can be devastating. It is very important to answer the questions as honestly as possible.

The counselor then asked me why I wanted to be tested. The answer was simple. I had fallen very much in love with someone and wanted to be sure of my status so that we need not have that fear in our relationship. My partner had already been tested and now it was my turn.

They drew a syringe of blood, which is a fairly disgusting procedure, gave me a number to call to get in touch with my counselor, and said to check back in a week. I pushed 80 percent of this matter out of my head and the next week I called. No results yet. Two days later I called back. My counselor, and the only person who could administer my results, wasn't due back until the following Tuesday, the

same day I was to board a plane for a week-long trip. And no, they do not give results over the phone.

By this time I was beginning to get a little nervous. The mind works in strange ways and mine is no exception. The day I returned I called the clinic. My counselor was not there and no one knew when she was expected back. I got really angry at this point

I had fallen very much in love with someone and wanted to be sure of my status so that we need not have that fear in our relationship. My partner had already been tested and now it was my turn.

and said a few harsh words interspersed with a number of expletives. So what to do now, go to another clinic and repeat the whole process, or wait? I decided to wait a few more days and then give up. The next time I called, my counselor was there and I jumped in my car and raced to the clinic. By this time I had waited a month for results that should have taken a week, and my teeth were nubs from the constant grinding and my fingernails were non-existent.

The counselor greeted me and apologized for the delay. Apparently her mother had died, which was why she was away. She had me match up my number to the one on her sheet and gave me my results. I thanked her for her time and on the way home burst into tears. All the tension that had built up over the month came pouring out. Once home I immediately called my significant other and told them the news. They took it as expected, saying, "See, I knew the whole time it would come back negative."

The majority of people will not have to wait as long as I did for results. My experience was a fluke. Do expect to wait a couple of weeks if you go to a county clinic, though. There are some places that can give results overnight, but it tends to cost a lot more money.

With all this in mind to cheer you up, I ask first, are you sexually active now or have you been in the past? If so, whether or not you were protected, have you been tested? And if you are active now, are you sure of the status of your partner and yourself? Are you sure of the status of partners in the past? Have you ever had unprotected sex? Are you just plain afraid to find out, as many people are?

Fear or no fear, if you do not know your status and have reason to be afraid you must go and be tested. Ignorance is not bliss where HIV is concerned. And once tested, most of the people I have discussed this with have changed their sexual behavior. It's kind of like surviving a life-threatening incident when the test returns negative. Taking chances no longer seems appealing. Peace of mind does. I have mine, do you?

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USD Voices

What is the dumbest joke you've ever heard?

—"Do you serve shrimp here? Sure, sit down."

Amy Knoten
Freshman



—"Do you want to hear a dirty joke? Two white horses jumped in the mud."

Jason Petrig
Sophomore



—"What would a pig say when a farmer grabs its tail? This is the end of me."
Tanya S. Vorachak
Senior



—"Why are fish so smart? Because they live in schools."
Aryn Badorine
Lindsay McAuliffe
Freshmen



—"Who is Snow White's brother? Egg white, get the yolk."
Elizabeth Himchak
Freshman



—"The Cafeteria had good food to-night."
Mark Ridel
Freshman



Fruitless thought fuels discussion group

Marco Buscaglia
College Press Service

After a day of discussing Nietzsche, organic chemistry and the works of Shakespeare, sometimes it's time to just say "no" to anything resembling an intellectual pursuit.

That explains why at the University of Pennsylvania, an increasing number of freshmen are getting together twice a month to discuss really important matters, like Play-

Doh.

"Fruitless Thought" participants meet on even-numbered Thursdays at 7:47 p.m. in Penn's English House residence hall to discuss random subjects that most students gloss over in daily life.

"We're trying to provide a bubble away from life for a half an hour," says Penn freshman Harris Romanoff, the founder and guru of the group. "We deal with the everyday things that people usually overlook because of the bigger things that are constantly pounding down on us."

The group took shape after Romanoff, an avid V-8 drinker, wanted the rest of his fifth floor neighbors to try the infamous vegetable drink. "People couldn't understand why I drink the stuff. They said it tastes like crap," says Romanoff. "It seemed like everyone on the floor hated it."

So Romanoff decided to hold a "V-8 Informative Seminar" to tout his drink of choice. After putting up fliers throughout the floor, Romanoff hosted about 20 students in his room. "I told them that to be truly enjoyed, V-8 had to be served super cold," he says. "We had a sample for everyone, and eight people ended up saying they liked it."

But it wasn't the consumer taste test that inspired Romanoff, it was the discussion that followed. "People went around the room and told their V-8 horror stories," says the 18-year-old. "We were sitting there talking about something that a lot of people deal with in their everyday lives. I just thought that was interesting."

So Romanoff set up Fruitless Thought, a loosely formatted discussion group that explores the triumphs and trappings surrounding life's everyday objects.

And, as a bow to the groups' title, Romanoff provides some sort of unusual fruit for the group to snack on during each meeting. "We've had pomegranates, starfruit and kumquats," says Romanoff. "It's just a good way for people to try something they've never tried before."

But the big drawing point remains the subjects of discussion, a haphazard collection of everyday trivialities. In addition to Play-Doh, the group already has explored Chapstick, canned cranberry sauce and duct tape. Romanoff is planning on a whole new range of topics, which include orally fixated people (pen cap sucker) and Slinkys.

"The whole thing has kind of taken off," says Romanoff, who serves as the moderator at each meeting. "There seems to be a lot of people who enjoy the break from the rest of the world."

After the V-8 debate, Romanoff moved the meetings to the fifth floor lounge. He decided to try expand the audience so he began putting up posters around the residence hall. "But I found out you needed some kind of permit to do that in the dorm," says Romanoff, "so I ended up in the residence hall director's office faced with a \$50 fine."

After explaining the group's intentions, Romanoff not only had the fine absolved but was promised \$150 from the university to help run his group. "The money covers advertising and fruit," says Romanoff. "It really doesn't cost too much to run it."

The group now numbers close to 40, which Romanoff says is a comfortable size. "If it were any bigger, we might not be able to get as much hands-on involvement as we have now," he says. "It would have to become more structured."

And that's not exactly the group's intention. "We just want to provide a place where people can go to get away from it all," he says, "and maybe have a V-8."

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RECORDS

continued from page 19

a good store for new and import albums, but don't let the "we will order anything from anywhere" advertising gimmick. The store is well-stocked in popular music that will sell, but don't go there looking for something too rare because you usually won't find it. In this case I would ask an employee only to find that s/he is just as clueless as me. In the rare instance when you do find a gem, you can't afford it. They do, however, have an excellent selection of seven-inch records. Selection: 7, Price: 9, Customer Service: 5
Lou's Records (434 N Highway 101, Encinitas, 753-1382)

This is most likely the best record store in San Diego county. The Encinitas complex features both a building for new music and a building for used music—with a parking lot in between. In the new music building, one wall is lined with CDs while the other with tapes. On the main floor is good old fashioned (new) vinyl. Lou's is not the only place in San Diego that carries vinyl, but every time I have gone there looking for something hard-to-find—it has been there. This counts for CD selection as well. In the used music building there is a large selection of vinyl and CDs while cassette tapes are few, but of the cassette tape selection, you will find many popular titles. New and used music prices are reasonable and the employees are usually very cordial if you can't find something. Most new titles are cataloged in a computer that employees can use to find out if they have your request. Selection: 10, Price: 8, Customer Service: 7.

Music Trader (Various locations, Closest to USD: 3112 Midway Dr., Sports Arena, 223-7777)

Whoever thought of the concept of selling used CDs is brilliant. And I'm sure that the



Chris Wood/VISTA

Sell, trade, or buy used CDs/tapes at the Music Trader on Sports Arena Blvd.

folks at music trader wouldn't disagree. Their motto is: used music is the way to go, thus that is all we sell. One price fits all (\$8.99 CDs, \$2.99 Cassettes, no vinyl) customers or if you prefer to trade in your old CDs, most employees will top dollar (if that happens to be one, so be it). Music Trader has a large selection and often times you can find a new, vacuum-sealed CD for that same standardized price. In addition, if you have a USD student discount card you can knock another dollar off each CD you buy. For non-vacuum-sealed CDs, enjoy listening before you buy at one of their listening stations.

Most locations have recently begun carrying a very small selection of new CDs and Vinyl. Local Music seven-inch records, tapes and CD albums are also a creative addition to their display cases which feature a number of rare bootleg CDs from mainstream bands (i.e. Pearl Jam, Nirvana, Smashing Pumpkins). It is kind of hard to find exactly what you want so come prepared to browse for a while. Selection: 7, Price: 7, Customer Service: 7

Doug's Records (5040 Newport Ave., Ocean Beach, 222-1911)

Ocean Beach is a gold mine for fun shops all

around and especially on Newport Avenue where you will find Doug's Records withing walking distance from the surf and sand. This store is somewhat smaller than most record stores, but it compensates with a good selection of alternative, punk/hardcore and oldies albums. There is a good amount of bootleg CDs at hand with a good selection of good titles that are usually ignored by other good, larger independent record stores. Frankly, Doug's Records is just plain good. If they were a candy they would be called Good and Plenty. Selection: 8, Price: 6, Customer Service: 9.

Blue Meannie Records (916 Broadway, El Cajon, 442-2212)

Focusing on hardcore and alternative music, but appealing to many other genres of music, this record store seems to be constructed out of an old gas station garage. I suppose the music this record store carries is truly cite-specific (i.e., Garage Rock). Blue Meannie houses a mediocre size selection of new and used CDs while its vinyl stock, pushed to the back of the store, is abundant. This is especially true for the wide selection of seven-inch records. Estimating by size, about one-fourth of the store is dedicated to seven-inch records, both old and new. Tape selection is meager as are the hard-to-find albums you yearn for, but prices are decent and the employees are nice.

If you are a Cure fan, this is the place for you. Selection: 7, Price: 7, Customer Service: 8.

Other qualifiers

I'll probably regret this, but

The Wherehouse (688-1760) has made a noble effort to accomodate used CDs in the world of corporate record stores. The benefit in this is that occasionally you can find really good indie or less-known major label titles for one or two dollars. I warn you, though, it is a rare occasion. **Record Heaven** (224-1981) is a two-store chain in Sports Arena and El Cajon that has an wide selection of stock new and used vinyl with used CDs on the side. The stores are also a pawn shop for instruments. **Cow Records** (5029 Newport Ave., 523-0236) is nearly identical to Record Heaven, but with a larger selection of used CDs. If you want to find good, cheap vinyl, **Garage Rock** (650 F Street, Downtown, 239-6935) is the place to be. But it's new and used CDs are nothing to brag about for price or selection. However, you can sit and relax while your friends sift through the bins and enjoy coffee and a game of pool. **Taaang! Records West** (978 Garnet Avenue, Pacific Beach, 270-4905) is a welcome record label theme store to the San Diego scene even though they are yet to sign any local bands in the two years they have been here. As a record store, they are really poorly stocked with labels other than their own. They are also really expensive. I suppose that is what merchandising does to a business. You can probably rarely go wrong with **Tower Records** (3601 Sports Arena Boulevard, 224-3333) who aims to please the masses. The top twenty albums and most new releases are on sale for around eleven dollars.



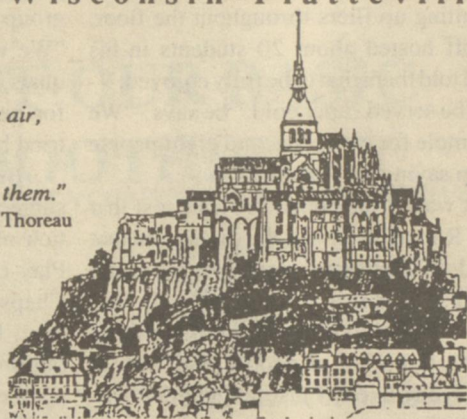
Chris Wood/VISTA

Blockbuster Music is a fast and growing chain that has seemed to view some overnight success over the past year

University of Wisconsin-Platteville

*"If you have built castles in the air,
 your work need not be lost.
 That is where they should be.
 Now put the foundations under them."*

—Henry David Thoreau



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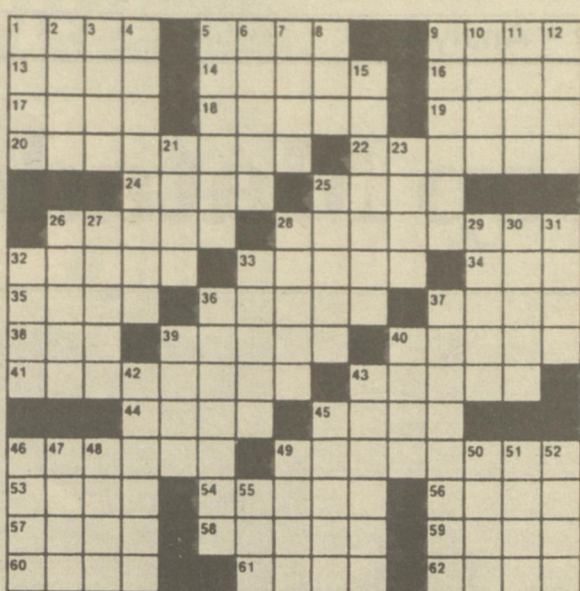
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26 Waltz e.g.
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34 Pastry
35 Fad
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37 Created
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41 Omens
43 Liquid measure
44 Terminates
45 Color
46 Sense of taste
49 Difference
53 Employs
54 Chair rung
56 Reflected sound
57 Fishing cord
58 Binge
59 Atmospheric hazard
60 Girl
61 Sea gull
62 Stitches

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3 Tableland
4 Pleasing bearing
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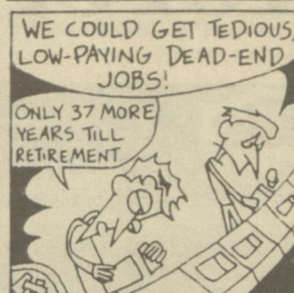
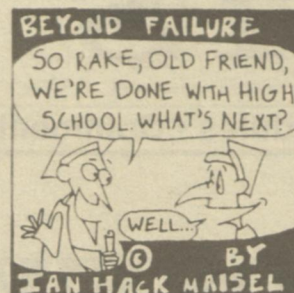
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EMILE PEDIGREE
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LOON ARENA OLLA
AMBI LIMIT LEAP
MASC SNIPE LANE

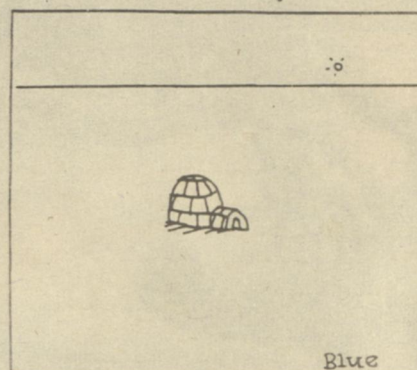
Last issue's answer key

46 Influence
47 Continent
48 Optical glass
49 Heal
50 Highest point
51 Display
52 Clothing
55 Make a choice



National Student News Service, 1994

KABLOOEY by Blue



"YEAH, I'M BORED TOO. LET'S THINK UP ANOTHER COUPLE HUNDRED WORDS FOR 'SNOW.'"

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off the mark

by Mark Parisi



TIM INADVERTENTLY DRAINS THE SUN.

off the mark

by Mark Parisi



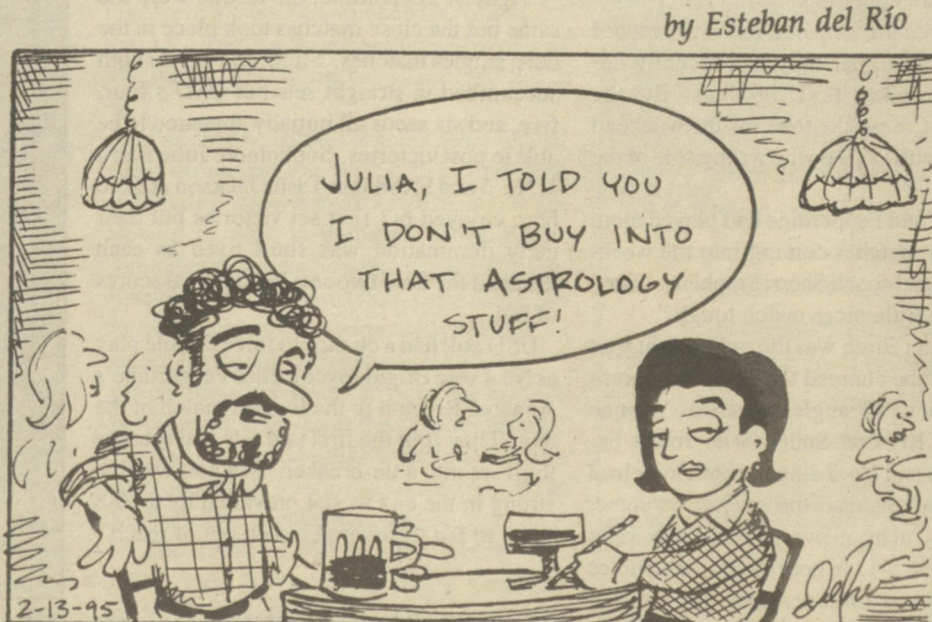
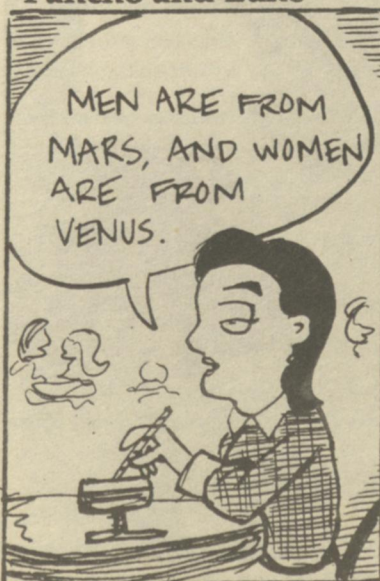
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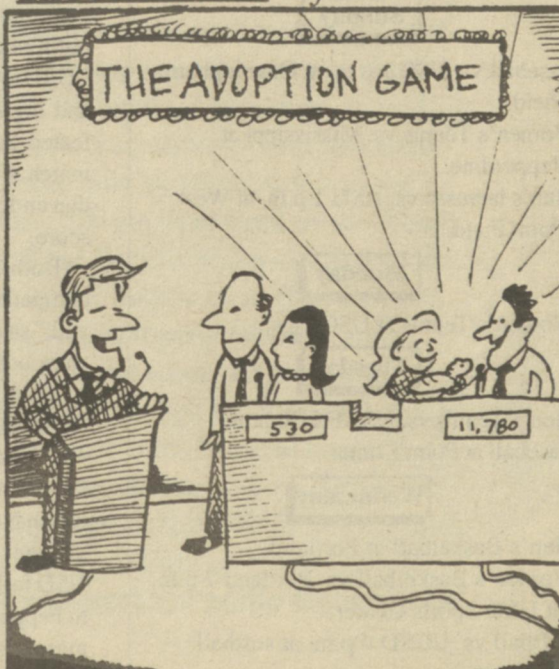
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Pancho and Luke



by Esteban del Río

Life on the Hill by Esteban del Río



"We're sorry, Mr. and Mrs. Anderson, but we do have some nice party gifts for you."



SPORTS

Thursday
February 16, 1995
Page 24

Results • Schedules • Commentary • Analysis

INSIDE SPORTS

Men's Basketball: The Toreros dropped to 9-12, 4-6 in the WCC, with weekend losses to St. Mary's and Santa Clara. USD, behind 28 Doug Harris points, gave league leading Santa Clara a test before falling 74-62 on Sunday.

Womens basketball: The Toreros split in last weekend's WCC games. For related story see page .

Softball: St. Mary's downs USD 13-3 and 6-2 last Friday.

Rugby: USD (3-1) split a pair of games during a trip to Arizona last weekend. The Toreros cleaned up against ASU 60-0 and then, fatigued, lost to a refreshed Wildcat squad from the University of Arizona in a heart-breaker 13-11.

Lacrosse: The men's lacrosse team is off to a 2-0 start. Their first victory came against Occidental College in a 13-7 win. Last Saturday the Toreros defeated long-time rival LMU 17-6.

SPORTS Schedule

Thursday

Men's basketball vs. LMU 7 p.m. at USD Sports Center.

Rugby vs. UBC Law School 3:30 p.m. at West Point Field.

Friday

Women's Basketball at LMU.

Baseball at USC. 1st of a 3-game series.

Softball vs. CSU-San Bernadino 5 p.m. at softball field.

Pacific Coast Swim Conference Championship. 1st of a 3-day competition.

Saturday

Men's Basketball vs. Pepperdine 7 p.m. at USD Sports Center.

Women's Basketball at Pepperdine.

Baseball at USC.

Softball at Cal Baptist.

Rugby vs. #1 Santa Barbara.

Men's lacrosse vs. UCI 1 p.m. at Valley Field.

Sunday

Baseball vs. USC 1 p.m. at Cunningham Field.

Women's Tennis vs. Mississippi at Pepperdine.

Men's lacrosse vs. ASU 1 p.m. at West Point Field.

Monday

Women's Tennis at USC.

Tuesday

Men's Tennis vs. USAF 1:30 p.m.

Baseball at Point Loma.

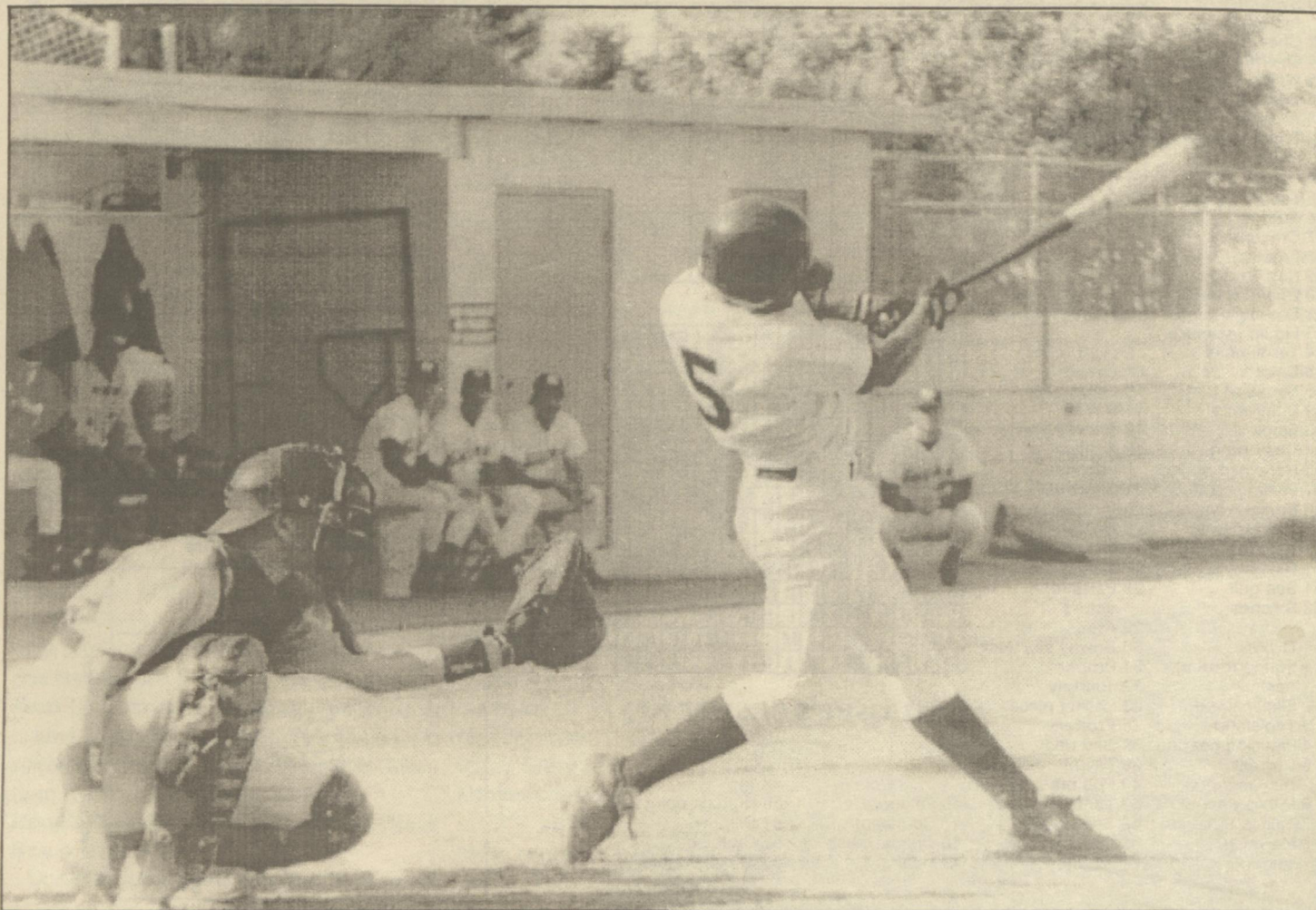
Wednesday

Men's Basketball at Portland.

Women's Basketball vs. Portland 7 p.m. at USD Sports Center.

Softball vs. UCSD 4 p.m. at softball field

Toreros sweep Matadors



Hector Roberts/VISTA

Larry Williams swings for the fences against Northridge in this weekend's series

Jacob Slania
Staff Writer

If you are registered for Baseball 101 this semester, and you've read your syllabus, then you realize that there are many tests. After bombing their first quiz against Pt. Loma last Tuesday, the Toreros received an A on their first examination.

This past weekend USD defeated Cal State Northridge three times on Friday, the Toreros won 4-1, Saturday they won

4-2, and on Sunday 6-4. The series sweep began with an excellent pitching performance by Travis Burgus. Burgus (1-0) was well-prepared and it showed as he pitched a complete game, giving up five hits and only one run. It only took Burgus 98 pitches to dispose of the Matador hitters.

According to Burgus, "The strong defensive play, along with clutch hitting, enabled my performance to be victorious."

The defense committed one meaning-

less error and threw out a runner at the plate, killing a Northridge rally in the eighth inning. David Romero provided the first clutch hit of the weekend, driving in two runs and giving Burgus all the offense he needed to secure the win.

On Saturday Chad Halliburton (1-0) also did his homework. He pitched eight and one-third innings giving up three hits and two runs. With the score tied 1-1 in the eighth, Steve Ashton followed

see **BASEBALL** on page 26

Tough losses for women's tennis

Jason Stein
Staff Writer

Disappointment and frustration reigned last weekend as the 20th ranked Torero women's tennis team dropped two tough home matches to 4th ranked California and ninth ranked Pepperdine.

USD entered the weekend with a 3-0 record and high hopes after they had recently defeated 20th ranked BYU in Utah. But the match with Cal set the tone for the weekend that ended with USD on the wrong side of the score.

"Both Cal and Pepperdine had played more competitive matches coming into the weekend," said head coach Sherri Stephens. "They were both a little more match tough."

Senior Dina Birch was the only bright spot for USD as she claimed the only two Torero victories out of 12 singles matches. Yvonne Doyle and Kristine Smith, who rotate between No. 1 and No. 2 singles, both lost close matches that changed the overall outcome. USD fell to Cal by an overall score of 6-3 and to Pepperdine 5-1. In both cases, the doubles matches were unnecessary and in the Pepperdine match the decision was made to

stop after the outcome was decided.

Cal's Pam Nelson squeezed out a tough 3-set victory over Doyle 6-2, 4-6, 7-5 in No. 1 singles match. Smith followed in the number two slot with a heartbreaking 6-7, 6-7 loss to Cal's Vera Vitels. Cal combined these close victories with relatively easy wins in the five and six singles to post the victory.

Against Pepperdine, the results were the same but the close matches took place in the deep singles matches. Smith and Doyle both succumbed in straight sets but USD's four, five, and six seeds all initially appeared to be able to post victories. Sophomore Julie Baird at No. 5 and Freshman Tasha Jackson at No. 6 both enjoyed 6-1 first set victories but their early domination was short lived as each dropped the final two sets by identical scores of 6-4.

USD still had a chance to force double play as No. 4 seed Brigid Joyce battled Pepperdine's Annabel Rognon in the longest match of the day. They split the first two sets and sent the third set into a tie-breaker. Rognon was too strong in the end as she prevailed by a 10-8 score to put the overall match out of reach.



Yvette Anaya/VISTA

see **TENNIS** on page 25

Dina Birch serves up a win

Sports Profile



MIKE SERBAN more than just a sidekick

The purpose of the Sports Profile is to bring attention to athletic people in the USD community who have unique accomplishments and interests.

VISTA Staff Report

Karate means "the empty-handed way." In broader terms, the word stands for a philosophy of life that USD junior Mike Serban has embraced. "Karate teaches you that in life you don't want to keep anything in that may harm someone," said Serban, "but instead to keep your hands open to others." Contrary to popular belief, Karate has deeper spiritual and physical meanings than just being a form of self-defense.

After only five years of participation in the sport, Serban has enjoyed success as well as spiritual strength. Last October, Serban placed first in the GoJu Ryu Karate-do World Championships in East Lyme, Conn.

Serban was chosen to be one of three people on the U.S. Karate team at the Miyagi Chojun Memorial Martial Arts Festival. He entered the team and individual competitions in the style of fighting known as Iri Kumi. The contest consisted of three two-minute, continuous fighting matches that were judged on style, technique and general

ringmanship. Serban placed first in the light-heavyweight division in the individual competition while the US team placed third overall.

Serban, who is studying to be an grade school teacher, enjoys being active in the community as well his martial arts. He is the coordinator for the Volunteers for Youth program and he sings in the Founders Chapel choir as a hobby.

In addition to his own training, Serban teaches all ages the art of GoJu Ryu at the Okinawan GoJu Ryu Karate Center in Coronado. He believes his experience with teaching for the past three years will give him added insight about people and how to work with them.

"When children are in my class, I want them to feel like they are the most important people on the face of this earth," said Serban. "I want them to feel that my class is like the world; they can accomplish anything they set their minds to."

The Japanese name *GoJu Ryu* literally means "hard and soft." In Karate, one needs to find the hard and

soft, or the aggressive and passive aspects of fighting. For example, if one fights too aggressively one can get tired too quickly. Therefore, it is crucial to achieve a balance.

Serban works hard in all areas to achieve an equilibrium, and he applies the lessons in Karate to his own life. He knows that the key to happiness and success lies in the delicate balance between work and relaxation. He believes that if one goes too hard, and takes life too seriously, burnout is inevitable. One has to know the relaxing things in life as well.

It seems that with Serban's busy schedule, burnout would be inevitable. However, he finds peace of mind in his busy lifestyle. "It's not just about training, but a way of life," Serban said.

"Karate helps me like medicine does," Serban said. "It helps me treat and see others better, and do well in school. It helps me to realize the importance of putting equal time into everything."

With this philosophy in mind, not only does Serban keep his hands open to others but to all things life has to offer.

Swim team prepares for season finale

Mike Buhler
Asst. Sports Editor

There is a lot of activity going on this week at the USD Sports Center swimming pool. The 1994-95 women's swimming and diving team are busy preparing for this year's Pacific Coast Conference Championships which will be held at Belmont Pool in Long Beach, California.

The Toreros will arrive with an impressive 9-7 record. This team is filled with youth. The squad is made up of 11 freshmen and just five upper-classmen. Youth, however, does not necessarily spell trouble or inexperience. USD has six freshmen who have combined to break eight school records this year alone.

Corise Bittner set records in both the 100 and 200 backstroke while Laura Sides broke records in the 200 freestyle as well as the 200 butterfly. The 200 freestyle relay team of Sides, Julia Larson, Cindy Johnson and Megan Thompson broke the school record in the 200 freestyle relay by posting a time of 1:40.45.

Substitute Suzie Barker for Johnson and you get the team that broke the school 800 freestyle relay record with a time of 8:07.68.

"I am in the position to win a couple of events as a freshman."

— Laura Sides, USD swimmer

USD records were also set in the 200 and 400 medley relays this year.

As the championship approaches, workouts have tapered off a bit. Instead the swimmers are working on turns and basic warm-ups trying to stay fundamentally sound while preparing mentally for the task that awaits them in Long Beach.



USD swimming and diving team

"I expect a lot," was the answer freshmen Laura Sides gave when asked what her feelings were toward this weekend's contest. "I am in the position to win a couple of events as a freshmen, and I think that's exciting," Sides said.

While Sides, Bittner and the other underclassmen prepare for what is to be their first collegiate post-season experience, others are looking at what is going to be their last. Senior team captain Jennifer Klass and classmate Natalie Abraham, USD's lone diver, are the only athletes on team with four years experience at the collegiate level.

Pepperdine will no doubt be on the mind of the Toreros as they enter the Championships. Despite some individual wins, the Toreros suffered a tough loss to the waves 161-108 at the end of the regular season.

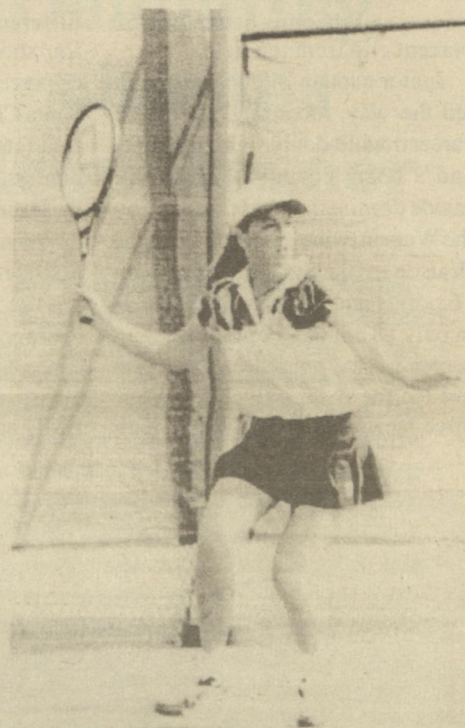
The Toreros will compete in the Pacific Coast Swim Conference Championship February 17-19. Their goal is to make it to the NCAA Championship held in March

TENNIS

continued from page 24

Smith summed up USD's weekend when she stated, "We didn't play up to our potential." With one of the toughest schedules in the country, USD must regroup and focus on reaching their original goal of the National Tournament. A coach's selection committee picks the top twenty teams at the end of the year to play at Pepperdine for the national championship. According to Stephens, USD still has a very good shot at making the tournament if they can beat a few ranked teams and win the matches they are expected to win.

Birch, Smith, and Doyle also have extra incentive because they each have a legitimate chance at making the national tournament individually. USD's next home match is a crucial tilt against #8 ranked Arizona State on Friday February 24 at 1:30. All home matches are played on USD's West Courts and these high caliber athletes need more fan support. "It really makes a difference in the matches when there is a crowd on your side. It really pumps me up," Smith states.



Kristine Smith battles Cal.

SURF REPORT

After two days of small, inconsistent waves, the surf picked up on Sunday with waves in the chest to shoulder high range at most city breaks. However, according to Sean Collins Wavetrak, a small northwest and southwest ground swell should only produce waves in the knee to waist high range for the next week or so. There are a couple storms off the Pacific which could provide some increase in surf by the middle of next week. Gusty winds are likely to accompany Monday and Tuesday's storm, but clear and sunny days should prevail on Thursday and on through the weekend. Early birds be sure and check those tides because five and six foot tides will be fluctuating all week. So a mid-morning or low tide session might be the call. Enjoy the surf, be safe and drink the Heckler Brau!

—Mike Suerth, Pacific Beach local

Women's basketball split series

Clayton Kline
Staff Writer

The USD women's basketball team split contests with St. Mary's and Santa Clara in West Coast Conference play this past week. Thursday's game against St. Mary's was a demonstration of the quickness and talent the Toreros possess, as they rolled to a 78-58 victory. Saturday night, however, the Toreros faced a much tougher Santa Clara squad, which defeated USD 70-61.

Thursday's win against St. Mary's (10-14, 4-5 WCC) was a real moral victory for the Toreros. Less than a week earlier, the Gaels blew out USD 75-57 at Moraga. This was not the case on the Toreros home court. It was all USD. They cut down their turnovers from 27 in the previous loss to an impressive 12 in Thursday's contest. Everyone got into the act for the Toreros, with five players scoring in double figures and shooting at almost a 50 percent clip from the field.

Junior captain Michele Brovelli led the way, recording her fourth career double-double with 14 points and a team leading 10 rebounds. Inside domination was provided by the Watson twins. Forward Lorraine Watson led the team in scoring with 16 points and grabbed nine boards in only 18 minutes of play. Backup center Lorice poured in 11 points and led the defensive charge with three steals. Former Torero, Kim

Rubenstein, continued to be a scourge for USD, leading the Gaels with 19 points.

Saturday night was another story for USD, losing 70-61 to the Broncos of Santa Clara. The Toreros were without Head Coach Katy Marpe, who was out of town for a funeral. Head coaching duties were assumed by USD Assistant Coach Cheryl Getz, who has five years head coaching experience at Eastern Michigan under her belt.

On Saturday the Santa Clara Broncos (13-9, 6-4 WCC) continued their dominance over the Toreros with a 70-61 win. This extends their win streak over USD to 10 regular season games and five at the Sports Center. The Toreros played tough throughout the contest but could not put a full game together. Trailing 39-31 at halftime, the Toreros got within one, 45-44, with a Laura King layup at 15:14 in the second half. Then the Broncos promptly went on a 14-1 run and put the game out of reach for the Toreros. A big difference for the two squads was foul shooting. USD shot a respectable 63 percent (12-19) from the line while Santa Clara shot an incredible 94 percent (16-17) from the charity stripe. Seniors, Serena Eirmann and Vicki de Jesus, led USD offensively with 11 points apiece and five and six assists respectively.

The Toreros have now dropped their record to 8-13 overall and 3-7 in conference. This weekend they take a trip to the City of Angels to take on LMU and Pepperdine.

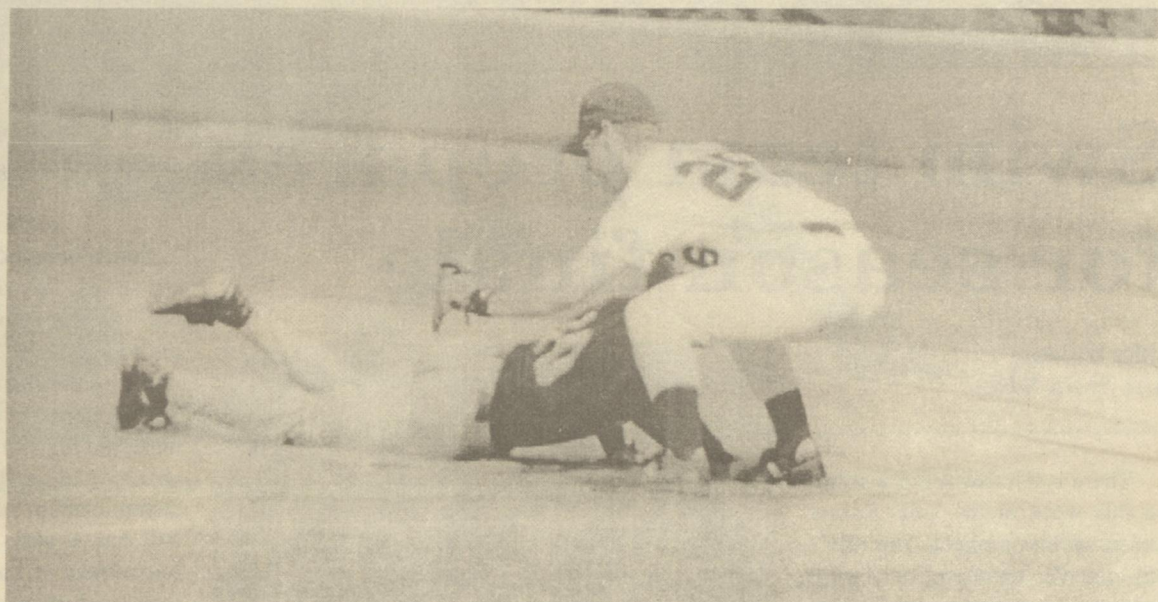
Pizza Hut



DINA BIRCH

Player of the Week

Senior Dina Birch was a bright spot for the women's tennis team this past weekend. Birch won both of her matches in No. 3 singles against 4th ranked Cal and ninth ranked Pepperdine. Congratulations Dina on being the "Pizza Hut Player of the Week."



First baseman Brock Marsh goes for a tag against Northridge in this weekend's series

BASEBALL

continued from page 24

Romero's lead. He drove in two runs with a two-strike single into left field. Eric Morton followed with a successful squeeze bunt, giving the Toreros a safe cushion. Brian Mazone came on in the ninth to get a tough out before Brian Springer threw the final out with the bases loaded for his first save.

Sunday's game had a different story line. The Torero's offense shined, receiving another solid pitching performance from Matt LaBelle and Mazone. LaBelle started strong but ran into a jam in the fifth inning. Mazone bailed out LaBelle and finished the game for his first victory.

With the Toreros down 3-0 in the second, Morton initiated a rally. After his single, Mike McDermott doubled him home and scored later that inning on a Jacob Slania ground out. In his next at bat, McDermott hit his first home run of the season, bringing the score to 3-3.

In the sixth inning, the Toreros found themselves trailing again, this time 4-3. Brady Clark and Karl Schmidt hit back-to-back singles to start the inning. That set the stage for Morton. He hit his first home run of the season, a three-run



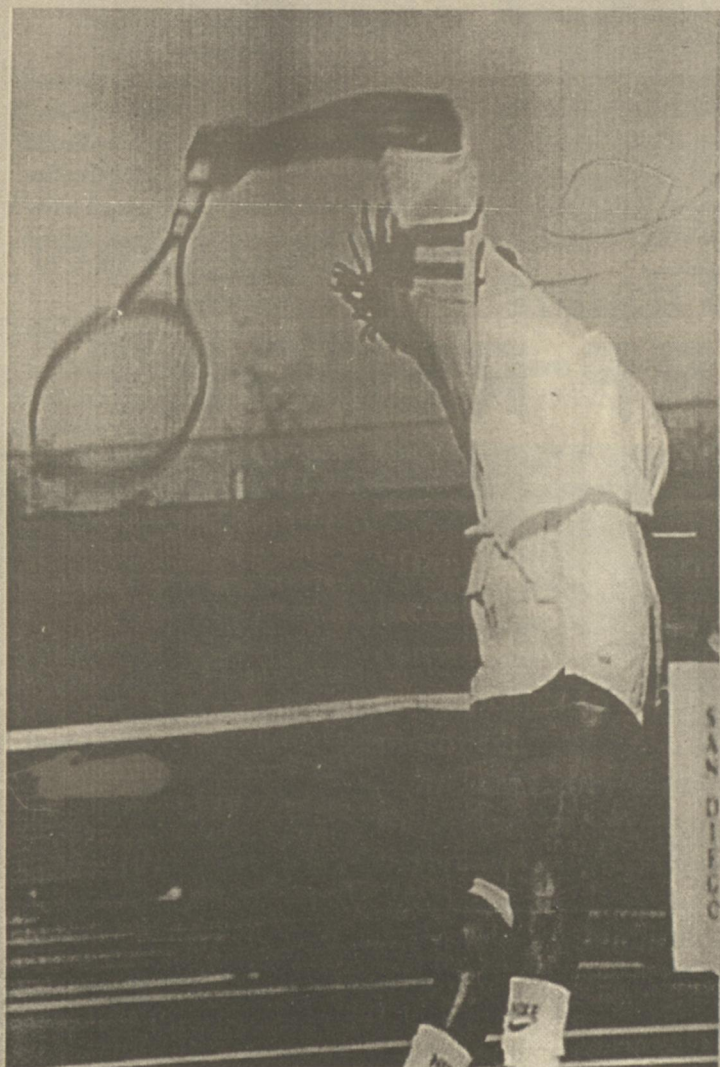
The view for Northridge batters was intimidating

shot down the left-field line, providing USD with the winning margin.

This sweep gives the team confidence going into another tough week, as they face nationally ranked Cal State Fullerton and USC. "This sweep gives us the momentum necessary to continue our winning

ways. We have to keep on winning to earn respect," said Morton.

The team plays at Cal State Fullerton on Wednesday, then opens a three-game stand with USC. The Toreros return home on Sunday versus USC at 1 p.m. Come out and support Torero baseball.



USD's Emmanuel Udozorh, a native Nigerian, is a strong force for the men's tennis team.

INTRAMURALS and Recreation

Thursday
February 16, 1995
page 27

Events • Results • Schedules

Co-rec softball

All teams ready for openers

For perhaps the first time in IM co-rec softball history, there was not one game forfeited. All the teams showed up ready to play with the hopes of getting that opening-day victory. The **San Luis Ville Sluggers** handed **Limited Faculties** a bitter opening day defeat. **San Luis**, led by Mike Corrales' four home run performance, beat **Limited Faculties** 24-4. The Political Science Department is said to be in shambles after that pounding.

The second match-up of the day was between the veterans of **AKPsi** and the freshman sensations of the **Dodebags**. The freshman team was not too sensational as **AKPsi** hammered them, 14-3. Mark Hazeltine, Chad Czernick and Jeff Pillar all homered in the winning cause. (Hey **Dodebags**, stick to football.)

After their first game, the **San Luis Ville Sluggers** had to stick around for another game, this time with **Clear and Present Danger**. Mike Corrales again was the star as the **San Luis Ville Sluggers** slugged their way all over "Jerry's" Kids, **Clear and Present Danger**, 11-3.

The pounding of the day came when the defending champs, **Froggie Style**, waxed **We Eat Out** 34-2. Mo Chavez and Cary Duckworth combined for six home runs on the day and Corrie Bergeron went 3 for 4 in the victory.

The final game of the afternoon matched up **Don't Know Much About History** and the **Bench Warmers**. The women of **Don't Know Much About History** scored seven of the team's 15 runs en route to a 15-4 victory. Paul Kankowski did hit a home run in the losing effort.

With week one out of the way, it is clear that **Froggie Style** is the team to beat. It is fair to say that there may be more than a few teams up to the challenge. We will soon see.

Subway IM game of the week

Date: Sunday, Feb. 19
Time: 1 p.m.
Sport: Co-rec softball
Match-up: Dodebags vs. We Eat Out

The co-rec softball season started last Sunday and two teams got off to rather inauspicious beginnings. The **Dodebags** and **We Eat Out** were both beaten in their openers, but "beaten" doesn't quite do justice to the results. Combined, these two squads lost by a total of 48-5!

Well, one of these teams is sure to bounce back with a victory this week and they will be rewarded. The winner will take home a party platter from the Subway on Morena Boulevard.

Entries due today

Kickball tourney Saturday

Remember how much fun those less complicated sports were? Well, the IM/Rec department is giving you the chance to go back in time to that great grade-school classic of Kickball.

Come out and join the fun of USD's Intramural Kickball Tournament on Saturday, February 18. Each team needs between 8 and 12 players to enter. A fee of \$10 per team is also required and all entries are due tonight.

Play begins at 10 a.m. So, come up to the Sports Center and sign a team up for what might be your last chance to show off your grade-school kickball talent!

Soccer league starts Saturday, too

Entries for the co-rec soccer league are due tonight. Play in this increasingly popular league begins Saturday, and will be held on Saturdays throughout the five-week regular season and playoffs.

Five men and four women are all it takes to field a team and rosters are limited to 16 players. The entry fee is only \$25 per team so finish organizing your team and join in on the fun!

Tennis, Anyone?

The mixed doubles league starts the IM tennis season with matches on Monday through Thursday evenings from 6-10 p.m. The first match is on February 20 and team entries are due Tonight, February 16.

The season lasts three weeks plus playoffs and each match consists of two sets of singles and one set of doubles. The team that wins the most games wins the match. So find a partner, sign-up tonight and join in on the fun!

Upcoming events

Football goes co-rec

You might think that co-rec football would be less competitive and less intensive than the men's league. You would be completely wrong! In some cases, the co-rec league is even more intense and it is always more fun.

It takes four men and three women to field a team and rosters are limited to 16 players. The entry fee is \$25 per team and there are some rule modifications to increase to safety and competitiveness of the games.

Team entries are due February 23 and free agents are welcome to attend the information meeting, Wednesday, February 22 at 5 p.m. So form a team or join a team, but do it soon. Play begins, Saturday February 25.

Hockey returns

IM hockey returns with a vengeance this semester. Even with the Kings and Mighty Ducks returning to the ice, the real hockey action will take place on our rink, Wednesday and Thursday evenings.

Beginning March 1, teams in Men's A, Men's B and Women's Open* leagues will begin play. Team entries are due February 23 and free agents will be taken care of at the informational meeting on Wednesday, February 22 at 5:30 p.m.

It only takes six players to form a team but this is a tiring sport so take advantage of the 16-person roster limit. Start organizing your team now.

*Ladies- we need at least three teams to run this league and we know there are more than 30 women who want to play hockey. Let's find them.

IM NOTE: Entries for the Co-rec Volleyball and Men's and Women's 5x5 Basketball seasons are due March 2.

Sports Clubs

Karate club seeks members

The USD Karate-Do Club is in its second year at USD and is still the only Karate club on campus. The Karate Club emphasizes fun and a healthy workout while practicing traditional Japanese Karate. All experience levels and both men and women are welcome. Group and individual training are used to help club members achieve their goals in Karate. Our club is privileged to have Dr. Rudenberg returning this year to continue training with us. Feel free to come and check us out anytime!

The club will be training in Solomon Lecture Hall in Maher Hall this Semester. Meeting times are Tuesdays from 7-8:30pm and Thursdays from 6-7:30pm. Call club president Jim Kuperstein at 299-4969 for details and for any changes in club training dates.

IM distinctions best of February 6-12

MEN'S SOFTBALL

Game: Blakeman vs. Sigma Chi
Team: Sigma Chi
Player: Cary Duckworth

CO-REC SOFTBALL

Game: San Luis Ville Sluggers vs. Clear and Present Danger
Team: Froggie Style
Male Player: Mike Corrales
Female Player: Wren Aigaki-Lander

Men's softball

Defending champs drop opener

The defending men's softball champions, **Balls Out**, thought there was life after Greg "The Great One" Sundberg. They were wrong. In a rematch of last semester's championship game, **Balls Out** faced **The Last Hurrah**. **Balls Out** played no where near the kind of ball they did last semester as they went down, 12-5. Their player of the year, Josh Stepner, was not a factor at all as he had only one hit in three at-bats. **The Last Hurrah** did not look that good either but got the job done when it counted.

Unbelievably, only one home run was hit in the game. Cary Duckworth, a budding IM star, hit a deep ball over the left-center field fence. Hey Campbell, it must not have been the bats!

The game of the day matched up **Blakeman** (what kind of a name is that) versus **Sigma Chi**. This game came down to the final inning with **Sigma Chi** winning 10-8. For **Sigma Chi**, Woodward and Wetmore combined for five hits in the upset of **Blakeman**. Jason Way did homer for the **Blakemans**.

Sigma Chi takes home the pizza

This men's softball opener figured to be a major mismatch. Ryan Blakeman's team was a finalist last Spring. **Sigma Chi** was not. As a matter of fact, it has been a long time since **Sigma Chi** has even won a play-off game. This year could be different. Jason Baker's team shocked **Blakeman** and Co. 10-8, in the process earning the award for Domino's IM Softball Team of the Week.

Officials wanted

Join the staff: attend a meeting

Soccer: Tonight, Feb. 16, 5 p.m.
Football: Wed., Feb. 22, 6 p.m. or Thu., Feb. 22, 5 p.m.
Floor Hockey: Wed., Feb. 23, 7 p.m. or Thu., Feb. 23, 6 p.m.
Basketball: Wed., Mar. 1, 6 p.m. or Thu., Mar. 2, 5 p.m.
Innertube Wed., Mar. 22, 5 p.m.
Water Polo: Thu., Mar. 22, 5 p.m.

Prospective officials must attend one meeting for each sport interested in.

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ROOMMATE- Fem. to move into 2 bdrm/2 ba apt. in PB. Own bath, dishwshr, tennis, volleyball, & fitness ctr. \$400, 1/2 utl, dep. Call Cindy 563-6882.

SOUTH MISSION BEACH- \$425/March 1st. Seeking responsible roommate to share 2 BR/1 BA duplex- 4 houses from beach. Own phone line. 742 Ensenada Ct. 488-2399.

WALK TO CLASS- Furnished room in large Alcala Knolls Drive home. Features spa, pool, kitchen, library, own phone line, TV/VCR, garage. Some babysitting for 10 year old girl makes rent negotiable. Call 571-5602

WANTED

VOCALIST/SINGER- For completion of band. Influences- 80's UK Alternative-The Smiths, Pretenders, The The, Stone Roses. Call Dean 484-COKE or Gino 484-1905.

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# OUTLOOK

*USD's Weekly Guide To Entertainment • Volume VII • Issue III*

**Don't you forget about us**

**Simple Minds deliver a stunning  
performance at Spreckels Theatre**

*Elton John and Billy Joel*

*Watershed 400*





# Minds over matter

The days of "The Breakfast Club" are long gone, but the world still has Simple Minds: Charlie Burchill and Jim Kerr

The glory days of Simple Minds' popularity may have long passed, but the band that helped define '80s post-modern rock continues to make great music.

Aaron Tudisco  
Staff Writer

When I took my seat in Spreckels Theatre last Sunday night, Feb. 12, I immediately fell under the manipulation of the surroundings — the smoke filled stage, the hazy beamed lights and the acoustic lull of the guitar. The opening minutes of an evening with Simple Minds enveloped me in an aestheticism I had never experienced before.

It was only Lisa Germano, however, the national spokesperson for manic depressives, Kristin Hersh wanna-be, and oh did I forget to

Germano managed to reach that point and continue on and on and on... With songs like "Destroy the Flower" and "Kick the Girl", I quickly realized what it meant to feel melancholic. What was even harder to believe, was that I was paying to listen and feel this way.

The 35 minute set progressed onward, and I found myself spending more time looking at my watch, then I did at the stage. I thought of talking to Ms. Germano after the show, and telling her that she shouldn't be so sad, but I assumed that she had heard it a million times before. Besides it's probably reviews like this and people like me that make her so damn depressed.

Surprisingly enough, there were only a small representation of songs off the new album, "Good News From The Next World." The radio favorite, "She's a River" and the kinetic, "Great Leap Forward" stood out as the best of the new material. Unfortunately, not many in the crowd seemed to be familiar with the new stuff and people seemed to sit down when it was played.

It appeared, however, that Kerr and Burchill utterly expected this. With nearly eighty percent of the set devoted to the Simple Mind hits of yesterday, I often forgot there was a new album at all.

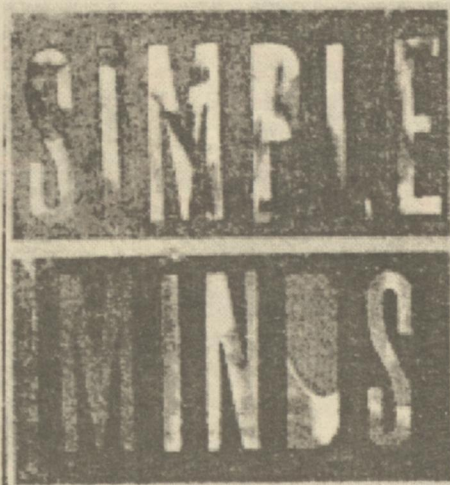
With hit after hit, it seemed more like a top ten list of the 80's then the performance of a single bands resume. I forgot how fantastic this band really is. One minute "Alive and Kicking" quickened your pulse, and the next thing you knew "Sanctify Yourself" took the spotlight.

Back and forth, again and again, and then it happened. The nostalgia hit its peek. A feeling of complete surrender and awe overtook the entire crowd. The band played the intro. to, "Don't You (Forget About Me)", and if you forgot which decade you were in, don't worry, you weren't alone.

At moments I swear I thought I saw the "Breakfast Club" up on stage with the band. Jim Kerr held the micro-

phone out to the crowd so we could close the song with the, "La, la la la la's..." (If you haven't a clue what I'm talking about, consider yourself seriously deprived. Go and rent the movie or buy the album (whatever you do, do it quickly!).

Finally, one encore later, Simple Minds with all of their unraveled and relished energy closed with, "Someone, Someday in the Summertime." With squinted eyes and smiles on the faces of everyone, the crowd departed with the same thing on their minds. "La, la la la la, la la la la la..."



With hit after hit, [the show] seemed more like a top ten list of the '80s than the performance of a single band's resume. I forgot how fantastic the band really is.

mention, Simple Mind's opening act. As I sat and listened to the performance of this young woman, I felt I was falling victim to a wave of contradiction. While her guitar and piano were a flow of joyful bliss, the lyrics were nothing but fearful.

Performing without her band, due to the lack of time for a soundcheck, Lisa Germano managed to set new standards for the term opening act (I'm thinking of trying it out myself). It seemed that every lyric had something to do with why we're all so "fucked up". Trust me, there is really only so much sadness that can be expressed in a song.

Regardless, those who survived Germano's repetitive prophecy of, "Why we're all so fucked up in life," were immediately uplifted by Simple Minds and their own version of Prozac (Ever heard of it Lisa?). After a three year absence, Simple Minds have returned, and thank goodness, not much has changed.

Lead singer Jim Kerr still possesses the defiant voice all his own, and guitarist Charlie Burchill still captivates with a single strum. Opening up with, "White Light, White Heat," a Lou Reed cover, Simple Minds managed to capture and elevate the crowd to a level of pure euphoria.



# SOUND BITES

## LOCAL, NATIONAL AND INTERNATIONAL ENTERTAINMENT NEWS



**MUSIC ... Jimmy Page and Robert Plant** tickets go on sale this weekend. So if you're planning on buying your tickets, start lining up early. The tickets range from \$21.50 to a whopping \$51.50, but come on, how long have **Zep** fans been waiting to see this quasi-reunion? ... **Morrissey** is coming out with yet another album due out next month ... **P.J. Harvey**, the world's raddest guitar-slinging '90s type of woman, also has an album due out at the end of the month. The buzz around the new disc is really good, and sources say this could be *the* album to finally give Miss Polly Jean some popular success to match the vast amount of critical acclaim she's received since her debut album, *Dry* ... Local band **Three Mile Pilot**'s latest album, *Chief Assassins to the Sinister*, was released by DGC last month and so far, reactions have been extremely good. The band is getting ready to embark on a U.S. tour, which will be followed by a battery of European dates. **Three Mile Pilot** is truly one of the most innovative groups in music today with a sound distinctly their own. In fact, *Chief Assassins to the Sinister* was named best album of the year by "Rolling Stone" in Germany



**Watershed 400** (formerly known as Watershed) will be performing on campus on Feb. 23 at noon and then later that evening at the butt rock capitol of San Diego, the Spirit Club. From the looks of things Watershed 400 seems to be pretty cool. The band has been compared to the Replacements and The Pogues, and have released an album themselves called *Kick The Dog*.

## RECORD WATCH

This week at  
**WARNERBROS.RECORDS:**

**Van Halen** is getting ready to embark on a massive world tour. The first leg of the monstrous trek will take the band through most of the U.S. And being the giving souls that they are, all throughout the tour Van Halen is asking fans to bring canned food for the **U.S.A. Harvest food collection campaign**. The canned goods are then distributed to shelters around the site of the show. On Van Halen's last tour, over 350,000 lbs. of food-stuffs were collected and distributed ... Warner Bros. seems to be boasting a plethora of platinum artists as of late. **Travis Tritt**, **R.E.M.** and **Tom Petty** all achieved the honor recently with their latest albums ... **Dookie** count — the unstoppable major label debut from **Green Day** recently went **quintuple platinum** — that's sales in excess of 5,000,000 unit.

# Elton John and Billy Joel show sold out

■ 51,000 tickets sold in less than two hours

**Reginald H. Fouché**  
Staff Writer

San Diego will be the only California stop, and the start, of Elton John and Billy Joel's co-headling spring stadium tour, starting March 22, 1995 at San Diego's Jack Murphy Stadium. Major Susan Golding had the pleasure of announcing during a morning press conference on February 6.

Let San Francisco eat that, I tell you.

The reunion of the musical talents of Elton John and Billy Joel, which has already sold out (51,000 seats in less than two hours) will feature a joint performance, along with their usual solo sets with their respective bands, and ending with a grand finale featuring both artists and bands playing an amped set together.

What? You mean to tell me that they're not going to put out a live acoustic album!?!

John & Joel are seeking with this new, limited concert series to recreate their enormous successes of the past, attempting to reprise the energy of their last joint outing together, the sold-out 1994 stadium tour which was ranked as the "Tour Package of the Year" by the writers of *Performance* magazine.

With the expected release in March of Elton John's highly anticipated new solo album, *Made In England*, fans might get a little lucky and receive a taste of the latest in the career of this Pop workhorse at the show.

Or maybe not, depending on the quality of the performance put out by Elton John on this, his latest effort.

Billy Joel, though, will be essentially using these dates with Elton John as the conclusion of his "River of Dreams" world tour, that began in New England in September 1993. The record, itself, has gone quadruple platinum, with the title track becoming a #1 single. All of which saw Billy Joel matching the Beatles for the most multiplatinum albums, ever, in 1994, which makes for quite a dream coming true in Joel's river of life. Over all, Joel's album sales have been verified to have sold in excess of 51 million records, and he was awarded for his artistic achievement in the highly competitive record industry by the presentation of *Billboard*'s coveted "Century Award."

Spring '95 tour dates for Elton John and Billy Joel includes:

March 22 - San Diego, CA - Jack Murphy Stadium

March 24 & 25 - Las Vegas, NV - MGM Grand

March 31 - Indianapolis, IN - RCA Dome

April 2 - Dallas, TX - Texas Stadium

April 5 - Houston, TX - Rice Stadium

April 7 - Little Rock, AR - War Memorial Stadium

April 9 - Clemson, SC - Memorial Stadium

April 11 - Tampa, FL - Tampa Stadium

April 13 - Miami, FL - Joe Robbie Stadium

# The VISTA

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# OUTLOOK

## CONCERTS

THIS WEEK'S HIGHLIGHT: **ROCKET FROM THE CRYPT** AT THE **WORLDBEAT!!!**



**ND, Speedo and Petey X of Rocket From The Crypt** relax before last year's MTV Spring Break performance

### THURSDAY

**G. Love and Special Sauce and Warren:** Casbah, 2501 Kettner Boulevard. 232-4355 or 220-TIXS

**Jon Secada:** Sports Arena, 8 p.m., 220-TIXS

**Fishbone and Weapon of Choice:** Belly Up Tavern, 143 South Cedros Avenue, Solana Beach. 481-8140 or TIXS

### FRIDAY

**Brooks & Dunn and David Ball and The Tractors:** San Diego Sports Arena. 220-TIXS

**Heavy Vegetable, Chinchilla, 100 Watt Halo and Second Story Window:** St. Cecilia's, 1620 Sixth Street Avenue, San Diego. 544-1484

**The Pat Methany Group:** California Center for the Arts, North Escondido Boulevard, Escondido. 738-4100

**Swindle, Naked Aggression, and Flounder:** Soul Kitchen, 168 E. Main Street, El Cajon. 579-3627

**Ralph Stanley and the Cinch Mountain Boys:** Mandeville Auditorium, UCSD campus. 534-6467

**Guttermouth, 10 Foot Pole, Tilt and Mayhem:** YMCA Skatepark, 9115 Clairemont Mesa Boulevard, Keranby Mesa. 220-TIXS

**"Oldies Valentines Concert"** featuring **Brenton Wood, Peaches and Herb, the Temprees, Barbara Mason, the Originals, Sly Slick and the Wicked, and M.C. Blvd.:** Golden Hall, 202 C Street, Downtown. 220-TIXS

**Mose Allison:** Horton Grand Hotel, 311 Island Avenue, downtown. 544-1886

**Pond, the Sorry Dogs, Mule and Red Dye #5:** Casbah 2501 Kettner Boulevard. 232-4355 or 220-TIXS

**The Phunk Junkeez and Drowned Out:** Dream Street, 2228 Bacon Street, Ocean Beach. 222-8131 or

220-TIXS

### SATURDAY

**Ute Lemper:** California Center for the Arts, 340 North Escondido Boulevard, Escondido. 738-4100

**Commander Cody and his Lost Planet Airmen:** Croce's Top Hat, 818 Fifth Avenue, Downtown. 232-4338

**The Band of Angels, the Gathering, the Rubbernecks, Durango 95, and the Subliminals:** Spirit, 1130 Buenos Street, Bay Park. 276-3993

**Malo, Tierra and El Chicano:** Coach House San Diego, 10475 San Diego Mission Road, Mission Valley. 563-0024

**Sebadoh, Godheadsilo, and Lowercase:** Worldbeat Center, 1845 Hancock Street, Midtown. 296-9334

**Dokken:** Coach House San Diego, 10475 San Diego Mission Road, Mission Valley. 563-0024

**B.B. King:** New Bacchanal, 8022 Clairemont Mesa Boulevard, Clairemont. 277-7326

**Charles Brown and Little Johnny and the Giants:** Belly Up Tavern, 143 South Cedros Avenue, Solana Beach. 481-8140 or 220-TIXS

**Terry Evans:** Blind Melons, 710 Garnet Avenue, Pacific Beach. 483-7844

### MONDAY

**"Bob Marley Day"** featuring **Steel Pulse, Junior Reid, Ini Kamoze, Inner Circle, Terror Fabulous, the Meditations, Lady G, and Hep Cat:** San Diego Sports Arena, 296-9334

**Wild Child and the Psychedelic Toads:** Belly Up Tavern, 143 South Cedros Avenue, Solana Beach. 481-9022 or 220-TIXS

### TUESDAY

**The Cult and Big Chief:** SOMA Live, 5305 Metro Street, Bay Park. 239-SOMA or 220-TIXS

**Tesla:** New Bacchanal, 8022 Clairemont Mesa Boulevard, Clairemont. 277-7326

### SUNDAY

**The Jacky Terrasson Trio:** Horton Grand Hotel, 311 Island Avenue, downtown. 544-1886

**Joe Cocker and Keb'Mo':** Copley Symphony Hall, 750 B Street, Downtown. 220-TIXS

### WEDNESDAY

**The Suburbs:** Coach House San Diego, 10475 San Diego Mission Road, Mission Valley. 563-0024

**Quiet Riot:** New Bacchanal, 8022 Clairemont Mesa Boulevard, Clairemont. 277-7326

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